



WEEKLY SCHEDULE
课程安排

Search and download our app on AppStore or Google Play to your phone (Anatomy of Arts & Pro Series). Once you register, you will be able to check our schedule and book your classes directly from there.

可以通过AppStore或Google Play 下载我们的APP: Anatomy of Arts & Pro Series 轻松注册便可查看并直接预订我们的课程。

- THE CAMPUS SPACE
- ANATOMY OF ARTS STUDIO
- PRO SERIES FITNESS & PERFORMANCE SPACE

一月
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星期一
15
JAN
MON

MYSORE PROGRAM 06:45-09:00 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 MARC			
RELEASE (Myofascia release) 12:15-13:00 PABLO			VINYASA FLOW YOGA 19:15-20:30 ARLENT	

一月
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星期二
16
JAN
TUE

MYSORE PROGRAM 06:45-09:00 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 MARC	PILATES CONTROLOGY (mat) 10:00-11:00 LISA	DEFINE BARRE YOGA 11:15-12:15 LISA	
300 SPARTAN HIIT 12:15-13:00 MARC	YOGA KURUNTA (Wall Rope) 12:15-13:15 PABLO	POSTNATAL BARRE-LATES 13:00-14:00 LISA	PRENATAL YOGA YOGA 19:00-20:15 CISSY	

一月
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星期三
17
JAN
WED

MYSORE PROGRAM 06:45-09:00 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 IMRAN	PRENATAL YOGA YOGA 10:30-11:30 CISSY		
300 SPARTAN HIIT 12:30-13:15 IMRAN			THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 PABLO	

一月
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星期四
18
JAN
THU

MYSORE PROGRAM 06:45-09:00 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 IMRAN			
300 SPARTAN HIIT 12:30-13:15 IMRAN				

一月
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星期五
19
JAN
FRI

MYSORE PROGRAM 06:45-09:00 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 MARC			HATHA YOGA YOGA 11:00-12:15 JAYNA
PILATES CONTROLOGY (mat) 11:45-12:45 MACHUN	OLYMPIANS HIT 12:30-13:00 MARC			

一月
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星期六
20
JAN
SAT

300 SPARTAN HIIT 10:00-10:45 MARC		PRENATAL YOGA YOGA 11:15-12:15 CISSY		
300 SPARTAN HIIT 12:30-13:15 MARC	HATHA YOGA 13:45-14:45 IVY			

一月
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星期日
21
JAN
SUN

300 SPARTAN HIIT 10:00-10:45 MARC	300 SPARTAN HIIT 11:00-11:45 MARC			
VINYASA FLOW YOGA 12:00-13:00 DIANA	300 SPARTAN HIIT 13:00-13:45 MARC	THERAPEUTIC ALIGNMENT VINYASA 14:15-15:30 ARLENT	RESTORATIVE /YIN YOGA 16:00-17:15 DIANA	



ANATOMY OF ARTS

PRO SERIES



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- THE CAMPUS SPACE
- ANATOMY OF ARTS STUDIO
- PRO SERIES FITNESS & PERFORMANCE SPACE

一月
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星期一
22
JAN
MON

MYSORE PROGRAM 06:45-09:00 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 MARC		VINYASA FLOW YOGA 19:15-20:30 ARLENT
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一月
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星期二
23
JAN
TUE

MYSORE PROGRAM 06:45-09:00 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 MARC	PILATES CONTROLOGY (mat) 10:00-11:00 LISA	DEFINE BARRE 11:15-12:15 LISA
300 SPARTAN HIIT 12:15-13:00 MARC	YOGA KURUNTA (Wall Rope) 12:15-13:15 VALENTINA	POSTNATAL BARRE-LATES 13:00-14:00 LISA	PRENATAL YOGA 19:00-20:15 CISSY
			MEDITATION THE WAY OF ZEN 19:15-20:30 ERIC ALESSI

一月
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星期三
24
JAN
WED

MYSORE PROGRAM 06:45-09:00 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 MARC	PRENATAL YOGA 11:15-12:15 CISSY	
300 SPARTAN HIIT 12:30-13:15 MARC			THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 PABLO

一月
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星期四
25
JAN
THU

MYSORE PROGRAM 06:45-09:00 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 MARC		
300 SPARTAN HIIT 12:30-13:15 MARC		YOGA KURUNTA (Wall Rope) 19:00-20:15 PABLO	HEART OF YOGA (Hatha) 19:15-20:30 ERIC ALESSI

一月
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星期五
26
JAN
FRI

MYSORE PROGRAM 06:45-09:00 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 MARC	PILATES CONTROLOGY (PG) 09:00-10:15 LISA	DEFINE BARRE 10:30-11:30 LISA	HATHA YOGA 11:00-12:15 ARLENT
PILATES CONTROLOGY (mat) 11:45-12:45 LISA	OLYMPIANS HIT 12:30-13:00 MARC	POSTNATAL Barre-lates 13:00-14:00 LISA		

一月
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星期六
27
JAN
SAT

300 SPARTAN HIIT 10:00-10:45 MARC		PRENATAL YOGA 11:15-12:15 CISSY	
300 SPARTAN HIIT 12:30-13:15 MARC	HATHA YOGA 13:45-14:45 IVY		

一月
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星期日
28
JAN
SUN

300 SPARTAN HIIT 10:00-10:45 MARC	300 SPARTAN HIIT 11:00-11:45 MARC		
VINYASA FLOW YOGA 12:00-13:00 DIANA	300 SPARTAN HIIT 13:00-13:45 MARC	THERAPEUTIC ALIGNMENT VINYASA 14:15-15:30 ARLENT	RESTORATIVE /YIN YOGA 16:00-17:15 DIANA