

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

四月
·
星期一
11
MAY
MON

MYSORE PROGRAM
06:45-09:00
MARGARET

300 SPARTAN HIIT
07:00-07:45
IMRAN

MLDV CERTIFICATION
08:00-18:00
DR. TIM DECOCK

RELEASE
(Myofascia release)
12:15-13:00
PABLO

300 SPARTAN HIIT
12:15-13:00
IMRAN

THERAPEUTIC ALIGNMENT
VINYASA
19:15-20:30
ARLENT

四月
·
星期二
12
MAY
TUE

MYSORE PROGRAM
06:45-09:00
MARGARET

300 SPARTAN HIIT
07:00-07:45
IMRAN

PILATES
CONTROLOGY (mat)
10:00-11:00
MACHUN

MLDV CERTIFICATION
08:00-18:00
DR. TIM DECOCK

300 SPARTAN HIIT
12:15-13:15
IMRAN

PILATES
POSTNATAL
12:45-13:15
MACHUN

MEDITATION
THE WAY OF ZEN
19:15-20:30
ERIC ALESSI

四月
·
星期三
13
MAY
WED

MYSORE PROGRAM
06:45-09:00
MARGARET

300 SPARTAN HIIT
07:00-07:45
MARC

PRENATAL YOGA
10:30-11:30
CISSY

MLDV CERTIFICATION
08:00-18:00
DR. TIM DECOCK

300 SPARTAN HIIT
12:15-13:00
MARC

THERAPEUTIC ALIGNMENT
VINYASA
19:15-20:30
ARLENT

四月
·
星期四
14
MAY
THU

300 SPARTAN HIIT
07:00-7:45
IMRAN

MLDV CERTIFICATION
08:00-18:00
DR. TIM DECOCK

300 SPARTAN HIIT
12:15-13:00
IMRAN

VINYASA FLOW
YOGA
19:15-20:30
ARLENT

六月
·
星期五
15
JUN
FRI

MYSORE PROGRAM
06:45-09:00
MARGARET

300 SPARTAN HIIT
07:00-07:45
IMRAN

HATHA YOGA
11:00-12:15
ARLENT

MLDV CERTIFICATION
08:00-18:00
DR. TIM DECOCK

六月
·
星期六
16
JUN
SAT

300 SPARTAN HIIT
09:00-09:45
MARC

The CORE LAB
10:00-10:00
MARC

PRENATAL YOGA
11:15-12:15
CISSY

300 SPARTAN HIIT
12:30-13:15
IMRAN

HATHA YOGA
13:45-14:45
IVY

MLDV CERTIFICATION
08:00-18:00
DR. TIM DECOCK

六月
·
星期日
17
JUN
SUN

ASHTANGA LED
09:00-10:15
MARGARET

300 SPARTAN HIIT
11:00-11:45
IMRAN

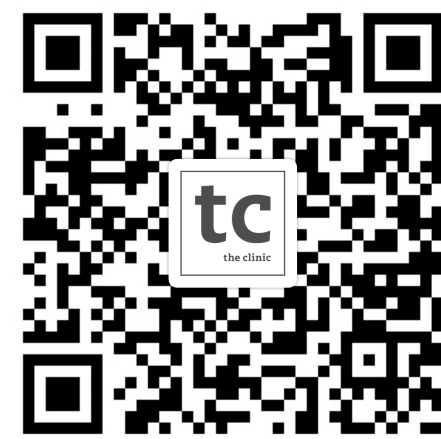
YOGA
TEACHER TRAINING
09:00-18:30
TC TEACHERS

VINYASA FLOW
YOGA
12:15-13:15
JADE

300 SPARTAN HIIT
13:15-14:00
IMRAN

HATHA YOGA
14:15-15:30
ARLENT

RESTORATIVE
/YIN YOGA
16:00-17:15
JADE



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- THE CAMPUS SPACE
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- PRO SERIES FITNESS & PERFORMANCE SPACE

六月 · 星期一 18 JUN MON	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC			
		300 SPARTAN HIIT 12:15-13:00 IMRAN		VINYASA FLOW YOGA 19:15-20:30 ARLENT	
六月 · 星期二 19 JUN TUE	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	PILATES CONTROLOGY (mat) 10:00-11:00 MACHUN		
	300 SPARTAN HIIT 12:15-13:15 IMRAN	POSTNATAL PILATES 12:45-13:15 MACHUN		PRENATAL YOGA 18:30-19:30 CISSY	MEDITATION THE WAY OF ZEN 19:15-20:30 ERIC ALESSI
六月 · 星期三 20 JUN WED	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC	PRENATAL YOGA 10:30-11:30 CISSY		
	300 SPARTAN HIIT 12:15-13:00 MARC			THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 ARLENT	
六月 · 星期四 21 JUN THU	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-7:45 IMRAN			
	300 SPARTAN HIIT 12:15-13:00 IMRAN		YOGA KURUNTA (Wall Rope) 19:00-20:15 ERIC ALESSI	VINYASA 19:15-20:30 ARLENT	
六月 · 星期五 22 JUN FRI	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC	The LEAN LAB (Women only) 10:30-11:15 MARC	HATHA YOGA 11:00-12:15 ARLENT	PILATES CONTROLOGY (mat) 11:45-12:45 MACHUN
	OLYMPIANS HIT 11:30-12:30 IMRAN				
六月 · 星期六 23 JUN SAT	300 SPARTAN HIIT 09:00-09:45 MARC	The CORE LAB 10:00-11:00 MARC	NEW! KIDS MINDFULNESS 10:00-11:00 IVY	PRENATAL YOGA 11:15-12:15 CISSY	WORKSHOP FASCIA SYSTEM IN YOGA 09:00-18:30 PABLO ALVAREZ
	300 SPARTAN HIIT 12:30-13:15 IMRAN		HATHA YOGA 13:45-14:45 IVY		
六月 · 星期日 24 JUN SUN	ASHTANGA LED 09:00-10:15 MARGARET	300 SPARTAN HIIT 11:00-11:45 IMRAN			WORKSHOP FASCIA SYSTEM IN YOGA 09:00-18:30 PABLO ALVAREZ
	VINYASA FLOW YOGA 12:15-13:15 JADE	300 SPARTAN HIIT 13:15-14:00 IMRAN		HATHA YOGA 14:15-15:30 ARLENT	RESTORATIVE /YIN YOGA 16:00-17:15 JADE