



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
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星期一
14
MAY
MON

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN			
RELEASE (Myofascia release) 12:15-13:00 PABLO	300 SPARTAN HIIT 12:15-13:00 IMRAN			

四月
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星期二
15
MAY
TUE

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	PILATES CONTROLOGY (mat) 10:00-11:00 LISA	DEFINE BARRE 11:15-12:15 LISA	
300 SPARTAN HIIT 12:15-13:15 IMRAN	POSTNATAL BARRE-LATES 12:45-13:15 LISA		PRENATAL YOGA 18:30-19:30 CISSY	MEDITATION THE WAY OF ZEN 19:15-20:30 ERIC ALESSI

四月
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星期三
16
MAY
WED

MYSORE PROGRAM 06:45-09:00 MARGARET		PRENATAL YOGA 10:30-11:30 CISSY		
			THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 PABLO	

四月
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星期四
17
MAY
THU

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-7:45 IMRAN			
300 SPARTAN HIIT 12:30-13:15 IMRAN		YOGA KURUNTA (Wall Rope) 19:00-20:15 PABLO	VINYASA FLOW YOGA 19:15-20:30 ARLENT	

四月
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星期五
18
MAY
FRI

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	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 IMRAN		POSTNATAL BARRE-LATES 13:00-14:00 LISA		ANATOMY & PHYSIOLOGY IN YOGA 19:00-21:00 ERIC YUE

四月
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星期六
19
MAY
SAT

		PRENATAL YOGA 11:15-12:15 CISSY		ANATOMY & PHYSIOLOGY IN YOGA 09:00-17:30 ERIC YUE
300 SPARTAN HIIT 12:30-13:15 IMRAN	YOGA FOR ROCK CLIMBERS 12:30-13:30 ANDREA	HATHA YOGA 13:45-14:45 ARLENT		

四月
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星期日
20
MAY
SUN

ASHTANGA LED 09:00-10:15 MARGARET				ANATOMY & PHYSIOLOGY IN YOGA 09:00-17:30 ERIC YUE
VINYASA FLOW YOGA 12:00-13:00 ARLENT	300 SPARTAN HIIT 13:00-13:45 IMRAN		HATHA YOGA 14:15-15:30 ARLENT	RESTORATIVE /YIN YOGA 16:00-17:15 ARLENT



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RELEASE (Myofascia release) 12:15-13:00 PABLO	300 SPARTAN HIIT 12:15-13:00 IMRAN		VINYASA FLOW YOGA 19:15-20:30 ARLENT

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

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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 07:00-07:45 MARC			THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 PABLO

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MAY
THU

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-7:45 IMRAN		
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四月
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星期五
25
MAY
FRI

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC	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 IMRAN		POSTNATAL BARRE-LATES 13:00-14:00 LISA		

四月
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星期六
26
MAY
SAT

300 SPARTAN HIIT 10:00-10:00 IMRAN		PRENATAL YOGA 11:15-12:15 CISSY	
300 SPARTAN HIIT 12:30-13:15 IMRAN	YOGA FOR ROCK CLIMBERS 12:30-13:30 ANDREA	HATHA YOGA 13:45-14:45 IVY	

四月
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星期日
27
MAY
SUN

ASHTANGA LED 09:00-10:15 MARGARET	300 SPARTAN HIIT 11:00-11:45 IMRAN		
VINYASA FLOW YOGA 12:00-13:00 DIANA	300 SPARTAN HIIT 13:00-13:45 IMRAN	THERAPEUTIC ALIGNMENT VINYASA 14:15-15:30 ARLENT	RESTORATIVE /YIN YOGA 16:00-17:15 DIANA