



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

九月 · 星期一  
**18**  
SEP  
MON

**MYSORE PROGRAM**  
**06:45-08:45**  
MARGARET

**ASHTANGA YOGA (Led)**  
**09:15-10:30**  
MARGARET

**RELEASE (Myofascial release)**  
**12:15-13:00**  
PABLO

the SILENT GROUND  
**14:00-18:30**

HEART OF YOGA (Hatha)  
**19:15-20:30**  
KIM

九月 · 星期二  
**19**  
SEP  
TUE

**300 SPARTAN HIIT**  
**07:00-07:45**  
MAURAD

PILATES CONTROLOGY (mat)  
**10:00-11:00**  
LISA

DEFINE BARRE  
**11:15-12:15**  
LISA

**300 SPARTAN HIIT**  
**12:15-13:00**  
IMRAN

**YOGA KURUNTA (Wall Rope)**  
**12:15-13:15**  
TATIANA

the SILENT GROUND  
**14:00-18:00**

PRENATAL YOGA  
**19:00-20:15**  
JADE

九月 · 星期三  
**20**  
SEP  
WED

**300 SPARTAN HIIT**  
**07:00-07:45**  
IMRAN

**HATHA YOGA**  
**09:15-10:30**  
KIM

**300 SPARTAN HIIT**  
**12:30-13:15**  
IMRAN

THERAPEUTIC ALIGNMENT VINYASA  
**19:15-20:30**  
PABLO

九月 · 星期四  
**21**  
SEP  
THU

**300 SPARTAN HIIT**  
**07:00-07:45**  
MAURAD

**MYSORE PROGRAM**  
**06:45-08:45**  
MARGARET

the SILENT GROUND  
**09:00-11:30**

**300 SPARTAN HIIT**  
**12:30-13:15**  
MAURAD

the SILENT GROUND  
**14:00-18:00**

**YOGA KURUNTA (Wall Rope)**  
**19:00-20:15**  
PABLO

VINYASA FLOW YOGA  
**19:15-20:30**  
IVY

九月 · 星期五  
**22**  
SEP  
FRI

**MYSORE PROGRAM**  
**06:45-08:45**  
MARGARET

**300 SPARTAN HIIT**  
**07:00-07:45**  
IMRAN

DEFINE BARRE  
**10:30-11:30**  
LISA

PILATES CONTROLOGY (mat)  
**11:45-12:45**  
LISA

HATHA YOGA  
**11:00-12:15**  
DIANA

**OLYMPIANS HIT**  
**12:30-13:15**  
IMRAN

the SILENT GROUND  
**14:00-17:30**

**ASHTANGA YOGA (Led)**  
**18:30-19:45**  
MARGARET

NADA-LAYA YOGA  
**19:15-20:30**  
MELON

九月 · 星期六  
**23**  
SEP  
SAT

**300 SPARTAN HIIT**  
**10:00-10:45**  
IMRAN

PRENATAL YOGA  
**11:15-12:15**  
CISSY

**300 SPARTAN HIIT**  
**12:30-13:15**  
IMRAN

**PRENATAL YOGA**  
**12:15-13:30**  
JADE

**HATHA YOGA**  
**13:45-14:45**  
KARINA

九月 · 星期日  
**24**  
SEP  
SUN

**ASHTANGA YOGA (Led)**  
**09:00-10:15**  
MARGARET

**300 SPARTAN HIIT**  
**10:00-10:45**  
IMRAN

**300 SPARTAN HIIT**  
**11:00-11:45**  
MAURAD

**VINYASA FLOW YOGA**  
**12:00-13:00**  
KARINA

**300 SPARTAN HIIT**  
**13:00-13:45**  
IMRAN

RESTORATIVE /YIN YOGA  
**16:00-17:15**  
KARINA



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- THE CAMPUS SPACE
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- PRO SERIES FITNESS & PERFORMANCE SPACE

九月  
·  
星期一  
25  
SEP  
MON

<b>MYSORE PROGRAM</b> 06:45-08:45 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC	<b>ASHTANGA YOGA (Led)</b> 09:15-10:30 MARGARET	
<b>RELEASE (Myofascial release)</b> 12:15-13:00 PABLO		the SILENT GROUND 14:00-18:30	HEART OF YOGA (Hatha) 19:15-20:30 KIM DUNN

九月  
·  
星期二  
26  
SEP  
TUE

<b>MYSORE PROGRAM</b> 06:45-08:45 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	<b>PILATES CONTROLOGY (mat)</b> 10:00-11:00 MA CHUN	
300 SPARTAN HIIT 12:15-13:00 IMRAN	<b>YOGA KURUNTA (Wall Rope)</b> 12:15-13:15 PABLO	the SILENT GROUND 09:15-11:45	<b>PRENATAL YOGA</b> 19:00-20:15 JADE

九月  
·  
星期三  
27  
SEP  
WED

<b>MYSORE PROGRAM</b> 06:45-08:45 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC	<b>HATHA YOGA</b> 09:15-10:30 KIM	<b>PRENATAL YOGA</b> 10:30-11:30 CISSY
300 SPARTAN HIIT 12:30-13:15 IMRAN		THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 PABLO	the SILENT GROUND 18:00-20:00

九月  
·  
星期四  
28  
SEP  
THU

<b>MYSORE PROGRAM</b> 06:45-08:45 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	the SILENT GROUND 09:00-11:30	
300 SPARTAN HIIT 12:30-13:15 IMRAN		the SILENT GROUND 14:00-18:00	VINYASA FLOW YOGA 19:15-20:30 IVY

九月  
·  
星期五  
29  
SEP  
FRI

<b>MYSORE PROGRAM</b> 06:45-08:45 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC	<b>HATHA YOGA</b> 11:00-12:15 DIANA	<b>PILATES CONTROLOGY (mat)</b> 11:45-12:45 MA CHUN
<b>OLYMPIANS HIT</b> 12:30-13:15 IMRAN		the SILENT GROUND 14:00-18:00	<b>ASHTANGA Yoga (Led)</b> 18:30-19:45 MARGARET
			<b>NADA-LAYA YOGA</b> 19:15-20:30 MELON

九月  
·  
星期六  
30  
SEP  
SAT

300 SPARTAN HIIT 10:00-10:45 IMRAN		<b>PRENATAL YOGA</b> 11:15-12:15 CISSY	
300 SPARTAN HIIT 12:30-13:15 IMRAN	<b>PRENATAL YOGA</b> 12:15-13:30 JADE	<b>HATHA YOGA</b> 13:45-14:45 KIM	

十月  
·  
星期日  
1  
OCT  
SUN

<b>ASHTANGA YOGA (Led)</b> 09:00-10:15 MARGARET	300 SPARTAN HIIT 10:00-10:45 IMRAN	300 SPARTAN HIIT 11:00-11:45 IMRAN	
<b>VINYASA FLOW YOGA</b> 12:00-13:00 DIANA	300 SPARTAN HIIT 13:00-13:45 IMRAN	RESTORATIVE /YIN YOGA 14:15-15:30 DIANA	