



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.

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

十月 · 星期一
1
OCT
MON

MYSORE PROGRAM
06:45-09:00
MARGARET

300 SPARTAN HIIT
12:15-13:00
IMRAN

VINYASA FLOW
YOGA
19:15-20:30
IVY

十月 · 星期二
2
OCT
TUE

MYSORE PROGRAM
06:45-09:00
MARGARET

300 SPARTAN HIIT
09:00-09:45
IMRAN

300 SPARTAN HIIT
12:15-13:00
IMRAN

BODY OPENING YOGA
18:30-19:45
ANDREA

十月 · 星期三
3
OCT
WED

MYSORE PROGRAM
06:45-09:00
MARGARET

300 SPARTAN HIIT
08:00-08:45
IMRAN

300 SPARTAN HIIT
12:15-13:00
IMRAN

THERAPEUTIC ALIGNMENT
VINYASA
18:30-19:45
ANDREA

十月 · 星期四
4
OCT
THU

MYSORE PROGRAM
06:45-09:00
MARGARET

300 SPARTAN HIIT
09:00-09:45
IMRAN

300 SPARTAN HIIT
12:15-13:00
IMRAN

VINYASA FLOW
YOGA
10:30-11:45
ANDREA

VINYASA FLOW
YOGA
18:30-19:45
TONNY

十月 · 星期五
5
OCT
FRI

MYSORE PROGRAM
06:45-09:00
MARGARET

OLYMPIANS HIT
11:30-12:00
IMRAN

VINYASA FLOW
YOGA
10:00-11:15
TONNY

十月 · 星期六
6
OCT
SAT

The CORE LAB
10:00-10:45
JOHN RECON (RJ)

300 SPARTAN HIIT
12:30-13:30
IMRAN

BODY OPENING YOGA
13:00-14:15
ANDREA

HATHA YOGA
13:45-14:45
IVY

十月 · 星期日
7
OCT
SUN

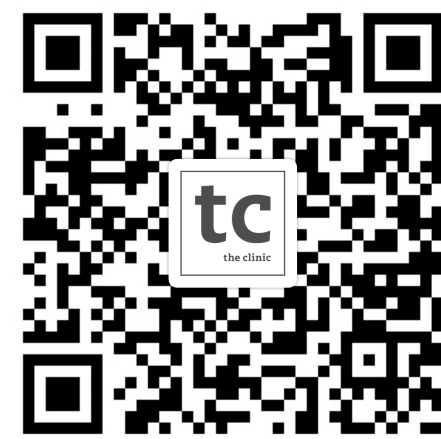
ASHTANGA LED
09:00-10:15
MARGARET

300 SPARTAN HIIT
11:00-11:45
IMRAN

300 SPARTAN HIIT
13:15-14:00
IMRAN

Therapeutic Alignment
Vinyasa (TAV)
14:15-15:30
ANDREA

YIN YOGA
16:00-17:15
MARGARET



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- THE CAMPUS SPACE
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十月
·
星期一
8
OCT
MON

MYSORE PROGRAM
06:45-09:00
MARGARET

300 SPARTAN HIIT
07:00-07:45
IMRAN

300 SPARTAN HIIT
12:15-13:00
IMRAN

VINYASA FLOW
YOGA
19:15-20:30
IVY

十月
·
星期二
9
OCT
TUE

300 SPARTAN HIIT
07:00-07:45
IMRAN

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

300 SPARTAN HIIT
12:15-13:00
IMRAN

POST-NATAL
PILATES
12:45-13:15
MACHUN

十月
·
星期三
10
OCT
WED

MYSORE PROGRAM
06:45-09:00
MARGARET

300 SPARTAN HIIT
07:00-07:45
IMRAN

300 SPARTAN HIIT
12:15-13:00
JOHN RECON (RJ)

BODY OPENING YOGA
19:15-20:30
ANDREA

十月
·
星期四
11
OCT
THU

MYSORE PROGRAM
06:45-09:00
MARGARET

300 SPARTAN HIIT
07:00-07:45
IMRAN

VINYASA FLOW
YOGA
10:30-11:45
ANDREA

300 SPARTAN HIIT
12:15-13:00
IMRAN

VINYASA FLOW
YOGA
19:15-20:30
TONNY

十月
·
星期五
12
OCT
FRI

MYSORE PROGRAM
06:45-09:00
MARGARET

300 SPARTAN HIIT
07:00-07:45
IMRAN

OLYMPIANS H.I.T
11:30-12:00
IMRAN

define BARRE
10:30-11:30
LISA

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

POST-NATAL
PILATES
13:00-14:00
LISA

十月
·
星期六
13
OCT
SAT

The CORE LAB
10:00-10:45
IMRAN

PRENATAL YOGA
11:15-12:15
CISSY

300 SPARTAN HIIT
12:30-13:15
IMRAN

BODY OPENING
13:00-14:15
ANDREA

十月
·
星期日
14
OCT
SUN

VINYASA FLOW
YOGA
12:15-13:15
JADE

300 SPARTAN HIIT
11:00-11:45
IMRAN

300 SPARTAN HIIT
13:15-14:00
IMRAN

Therapeutic Alignment
Vinyasa
14:15-15:30
ANDREA

RESTORATIVE
YOGA
16:00-17:15
JADE