



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

十一月
·
星期一
20
NOV
MON

| | | | | |
|--|--|----------------------------------|---|--|
| MYSORE PROGRAM 06:45-09:15 MARGARET | | | | |
| RELEASE (Myofascia release) 12:15-13:00 PABLO | | the SILENT GROUND 14:00-18:30 | HEART OF YOGA (Hatha) 19:15-20:30 EIC ALESSI | |

十一月
·
星期二
21
NOV
TUE

| | | | | |
|---|---|--|--------------------------------------|--|
| MYSORE PROGRAM 06:45-09:15 MARGARET | | 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 PABLO | the SILENT GROUND 10:00-11:45 | PRENATAL YOGA 19:00-20:15 JADE | MEDITATION THE WAY OF ZEN 19:15-20:30 ERIC ALESSI |

十一月
·
星期三
22
NOV
WED

| | | | | |
|---|--|---------------------------------------|--|--|
| MYSORE PROGRAM 06:45-09:15 MARGARET | 300 SPARTAN HIIT 07:00-07:45 IMRAN | PRENATAL YOGA 10:30-11:30 CISSY | | |
| 300 SPARTAN HIIT 12:30-13:15 IMRAN | | the SILENT GROUND 18:00-20:00 | THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 PABLO | |

十一月
·
星期四
23
NOV
THU

| | | | | |
|---|--|---|--|--|
| MYSORE PROGRAM 06:45-09:15 MARGARET | 300 SPARTAN HIIT 07:00-07:45 IMRAN | the SILENT GROUND 10:00-11:30 | | |
| 300 SPARTAN HIIT 12:30-13:15 IMRAN | the SILENT GROUND 14:00-18:00 | YOGA KURUNTA (Wall Rope) 19:00-20:15 PABLO | VINYASA FLOW YOGA 19:15-20:30 RAPHAEL | |

十一月
·
星期五
24
NOV
FRI

| | | | | |
|---|--|-------------------------------------|--------------------------------------|--|
| MYSORE PROGRAM 06:45-09:15 MARGARET | 300 SPARTAN HIIT 07:00-07:45 IMRAN | DEFINE BARRE 10:30-11:30 LISA | HATHA YOGA 11:00-12:15 RAPHAEL | PILATES CONTROLOGY (mat) 11:45-12:45 LISA |
| OLYMPIANS HIT 12:30-13:15 IMRAN | | the SILENT GROUND 14:00-18:00 | | NADA-LAYA YOGA 19:15-20:30 MELON |

十一月
·
星期六
25
NOV
SAT

| | | | | |
|--|--|---------------------------------------|--|--|
| 300 SPARTAN HIIT 10:00-10:45 IMRAN | | PRENATAL YOGA 11:15-12:15 CISSY | | |
| 300 SPARTAN HIIT 12:30-13:15 IMRAN | | HATHA YOGA 13:45-14:45 JAYNA | | |

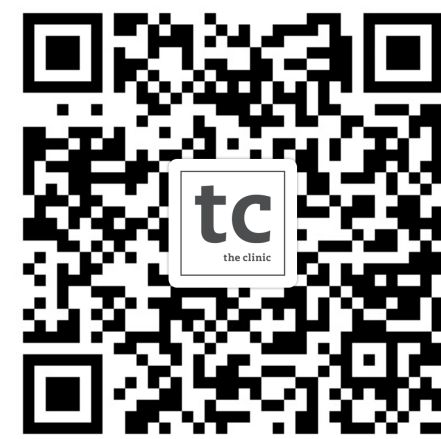
十一月
·
星期日
26
NOV
SUN

| | | | | |
|---|--|--|--|--|
| ASHTANGA YOGA (LED CLASS) 09:00-10:15 MARGARET | 300 SPARTAN HIIT 10:00-10:45 IMRAN | | | YOGA TTC 09:00-17:30 TC TEACHERS |
| VINYASA FLOW YOGA 12:00-13:00 DIANA | 300 SPARTAN HIIT 12:30-13:15 IMRAN | THERAPEUTIC ALIGNMENT VINYASA 14:15-15:30 JAYNA | 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

十一月
·
星期一
27
NOV
MON

MYSORE PROGRAM
06:45-09:15
MARGARET

300 SPARTAN HIIT
07:00-07:45
MARC

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

the SILENT GROUND
14:00-18:30

HEART OF YOGA
(Hatha)
19:15-20:30
ERIC ALESSI

十一月
·
星期二
28
NOV
TUE

MYSORE PROGRAM
06:45-09:15
SOLO PRACTICE

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
12:15-13:00
IMRAN

YOGA KURUNTA
(Wall Rope)
12:15-13:15
PABLO

the SILENT GROUND
10:00-11:45

PRENATAL YOGA
19:00-20:15
JADE

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

十一月
·
星期三
29
NOV
WED

MYSORE PROGRAM
06:45-09:15
SOLO PRACTICE

300 SPARTAN HIIT
07:00-07:45
MARC

300 SPARTAN HIIT
12:30-13:15
IMRAN

the SILENT GROUND
18:00-20:00

THERAPEUTIC ALIGNMENT
VINYASA
19:15-20:30
PABLO

十一月
·
星期四
30
NOV
THU

MYSORE PROGRAM
06:45-09:15
SOLO PRACTICE

300 SPARTAN HIIT
07:00-07:45
IMRAN

the SILENT GROUND
10:00-11:30

300 SPARTAN HIIT
12:30-13:15
IMRAN

the SILENT GROUND
14:00-18:00

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

VINYASA FLOW
YOGA
19:15-20:30
RAPHAEL

十二月
·
星期五
1
DEC
FRI

MYSORE PROGRAM
06:45-09:15
SOLO PRACTICE

300 SPARTAN HIIT
07:00-07:45
MARC

DEFINE BARRE
10:30-11:30
LISA

HATHA YOGA
11:00-12:15
JAYNA

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

OLYMPIANS HIT
12:30-13:15
IMRAN

the SILENT GROUND
14:00-18:00

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

十二月
·
星期六
2
DEC
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
JAYNA

十二月
·
星期日
3
DEC
SUN

4TH MEDITATION
MARATHON
09:00-17:45
SANGHA SHANGHAI

4TH MEDITATION
MARATHON
09:00-17:45
SANGHA SHANGHAI

4TH MEDITATION
MARATHON
09:00-17:45
SANGHA SHANGHAI

4TH MEDITATION
MARATHON
09:00-17:45
SANGHA SHANGHAI

4TH MEDITATION
MARATHON
09:00-17:45
SANGHA SHANGHAI