



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

十二月·星期一 4 DEC MON	MYSORE PROGRAM 06:45-09:15 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 MARC			
	RELEASE (Myofascia release) 12:15-13:00 PABLO		the SILENT GROUND 14:00-18:30	VINYASA FLOW YOGA 19:15-20:30 ARLENT	
十二月·星期二 5 DEC 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	POSTNATAL BARRE-LATES 13:00-14:00 LISA	PRENATAL YOGA 19:00-20:15 JADE	MEDITATION THE WAY OF ZEN 19:15-20:30 ERIC ALESSI
十二月·星期三 6 DEC WED	MYSORE PROGRAM 06:45-09:15 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 MARC	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	
十二月·星期四 7 DEC 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	HEART OF YOGA (Hatha) 19:15-20:30 EIC ALESSI	
十二月·星期五 8 DEC FRI	MYSORE PROGRAM 06:45-09:15 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 MARC	PILATES (PG) CONTROLOGY (mat) 11:45-12:45 LISA	HATHA YOGA 11:00-12:15 JAYNA	PILATES CONTROLOGY (mat) 11:45-12:45 LISA
	OLYMPIANS HIT 12:30-13:00 IMRAN		the SILENT GROUND 14:00-18:00		
十二月·星期六 9 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 IVY		
十二月·星期日 10 DEC SUN	300 SPARTAN HIIT 10:00-10:45 IMRAN	300 SPARTAN HIIT 11:00-11:45 IMRAN			
	VINYASA FLOW YOGA 12:00-13:00 DIANA	300 SPARTAN HIIT 13:00-13:45 IMRAN	HATHA YOGA 14:15-15:30 JAYNA	RESTORATIVE /YIN YOGA 16:00-17:15 DIANA	



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十二月·星期三 13 DEC WED	MYSORE PROGRAM 06:45-09:15 SOLO PRACTICE	300 SPARTAN HIIT 07:00-07:45 MARC			
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十二月·星期四 14 DEC 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	HEART OF YOGA (Hatha) 19:15-20:30 EIC ALESSI	
十二月·星期五 15 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 ARLENT	PILATES CONTROLOGY (mat) 11:45-12:45 LISA
	OLYMPIANS HIT 12:30-13:00 IMRAN		the SILENT GROUND 14:00-18:00		
十二月·星期六 16 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 IVY		
十二月·星期日 17 DEC SUN	300 SPARTAN HIIT 10:00-10:45 IMRAN	300 SPARTAN HIIT 11:00-11:45 IMRAN			
	VINYASA FLOW YOGA 12:00-13:00 DIANA	300 SPARTAN HIIT 13:00-13:45 IMRAN	HATHA YOGA 14:15-15:30 JAYNA	RESTORATIVE /YIN YOGA 16:00-17:15 DIANA	