



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

三月 · 星期一	5 MAR MON	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC			
			300 SPARTAN HIIT 12:15-13:45 IMRAN			
三月 · 星期二	6 MAR 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 12:15-13:00 IMRAN	YOGA KURUNTA (Wall Rope) 12:15-13:15 ERIC ALESSI	POSTNATAL (Barre-lates) 13:00-14:00 LISA	MEDITATION THE WAY OF ZEN 19:15-20:30 ERIC ALESSI	
三月 · 星期三	7 MAR WED	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC	PRENATAL YOGA 10:30-11:30 CISSY		MEDITATION WORKSHOP 09:00-18:30 CARLOS POMEDA
		300 SPARTAN HIIT 12:30-13:15 MARC		THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 ARLENT		
三月 · 星期四	8 MAR THU	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-7:45 IMRAN			MEDITATION WORKSHOP 09:00-18:30 CARLOS POMEDA
		300 SPARTAN HIIT 12:30-13:15 IMRAN			YOGIC PHILOSOPHY WORKSHOP 19:00-21:30 CARLOS POMEDA	HEART OF YOGA (HATHA) 19:15-20:30 IVY
三月 · 星期五	9 MAR FRI	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC	PILATES CONTROLOGY (PG) 09:00-10:15 LISA	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		YOGIC PHILOSOPHY WORKSHOP 16:00-21:30 CARLOS POMEDA
三月 · 星期六	10 MAR SAT	300 SPARTAN HIIT 09:00-09:45 MARC	PRE-LAB Prenatal Fitness 10:00-11:00 MARC	PRENATAL YOGA 11:15-12:15 CISSY		YOGIC PHILOSOPHY WORKSHOP 09:30-16:00 CARLOS POMEDA
		300 SPARTAN HIIT 12:30-13:15 IMRAN	HATHA YOGA 13:45-14:45 IVY			
三月 · 星期日	11 MAR SUN	ASHTANGA LED 09:00-10:15 MARGARET	300 SPARTAN HIIT 11:00-11:45 IMRAN			YOGIC PHILOSOPHY WORKSHOP 09:30-19:30 CARLOS POMEDA
		VINYASA FLOW YOGA 12:00-13:00 IVY	300 SPARTAN HIIT 13:00-13:45 IMRAN	THERAPEUTIC ALIGNMENT VINYASA 14:15-15:30 PABLO		



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

三月
·
星期一
12
MAR
MON

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC		VINYASA FLOW YOGA 19:15-20:30 ARLENT
--	--	--	---

三月
·
星期二
13
MAR
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 12:15-13:00 IMRAN		POSTNATAL BARRE-LATES 13:00-14:00 LISA	MEDITATION THE WAY OF ZEN 19:15-20:30 ERIC ALESSI

三月
·
星期三
14
MAR
WED

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC	PRENATAL YOGA 11:15-12:15 CISSY	
300 SPARTAN HIIT 12:30-13:15 MARC			THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 ARLENT

三月
·
星期四
15
MAR
THU

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	PILATES CONTROLOGY (PG) 09:00-10:15 LISA	DEFINE BARRE 10:30-11:30 LISA
300 SPARTAN HIIT 12:30-13:15 IMRAN		POSTNATAL Barre-lates 13:00-14:00 LISA	HEART OF YOGA (HATHA) 19:15-20:30 ERIC ALESSI

三月
·
星期五
16
MAR
FRI

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC		HATHA YOGA 11:00-12:15 ARLENT
PILATES CONTROLOGY (mat) 11:45-12:45 LISA	OLYMPIANS HIT 12:30-13:00 IMRAN		

三月
·
星期六
17
MAR
SAT

	300 SPARTAN HIIT 10:15-11:00 MARC	PRE-LAB Prenatal Fitness 11:15-12:15 MARC	PRENATAL YOGA 11:15-12:15 CISSY
300 SPARTAN HIIT 12:30-13:15 IMRAN	HATHA YOGA 13:45-14:45 IVY		

三月
·
星期日
18
MAR
SUN

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