



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
16
OCT
MON

| | | | |
|---|--|----------------------------------|--|
| MYSORE PROGRAM 06:45-09:15 MARGARET | | | 300 SPARTAN HIIT 10:00-10:45 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 |

十月
·
星期二
17
OCT
TUE

| | | | |
|--|--|--|---|
| MYSORE PROGRAM 06:45-09:15 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 PABLO | the SILENT GROUND 09:15-11:45 | PRENATAL YOGA 19:00-20:15 JADE |

十月
·
星期三
18
OCT
WED

| | | | |
|--|---|--|---------------------------------------|
| MYSORE PROGRAM 06:45-09:15 MARGARET | 300 SPARTAN HIIT 07:00-07:45 MARC | HATHA YOGA 09:15-10:30 KIM | PRENATAL YOGA 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 |

十月
·
星期四
19
OCT
THU

| | | | |
|--|--|--|--|
| MYSORE PROGRAM 06:45-09:15 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 | YOGA KURUNTA (Wall Rope) 19:00-20:15 PABLO | VINYASA FLOW YOGA 19:15-20:30 TATIANA |

十月
·
星期五
20
OCT
FRI

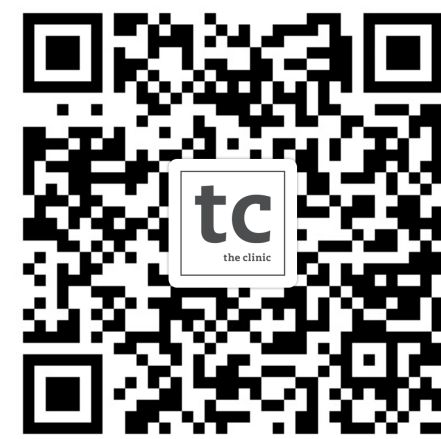
| | | | |
|---|-------------------------------------|--|--|
| 300 SPARTAN HIIT 10:00-10:45 MARC | DEFINE BARRE 10:30-11:30 LISA | PILATES CONTROLOGY (mat) 11:45-12:45 LISA | MANTRA SADHANA WORKSHOP 09:00-18:00 ANDRE RIEHL |
| OLYMPIANS HIT 12:30-13:15 IMRAN | | the SILENT GROUND 14:00-18:00 | |

十月
·
星期六
21
OCT
SAT

| | | | |
|--|--------------------------------------|--|--|
| 300 SPARTAN HIIT 10:00-10:45 IMRAN | | PRENATAL YOGA CANCELLED CISSY | MANTRA SADHANA WORKSHOP 09:00-18:00 ANDRE RIEHL |
| 300 SPARTAN HIIT 12:30-13:15 IMRAN | PRENATAL YOGA 12:15-13:30 JADE | HATHA YOGA 13:45-14:45 TATIANA | |

十月
·
星期日
22
OCT
SUN

| | | | |
|---|--|--|--|
| ASHTANGA YOGA (LED CLASS) 09:00-10:15 MARGARET | 300 SPARTAN HIIT 10:00-10:45 IMRAN | 300 SPARTAN HIIT 11:00-11:45 IMRAN | MANTRA SADHANA WORKSHOP 09:00-18:00 ANDRE RIEHL |
| VINYASA FLOW YOGA 12:00-13:00 DIANA | 300 SPARTAN HIIT 13:00-13:45 IMRAN | THERAPEUTIC ALIGNMENT VINYASA 14:15-15:30 TATIANA | RESTORATIVE /YIN YOGA 16:00-17:15 DIANA |



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十月·星期一
23
OCT
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

十月·星期二
24
OCT
TUE

MYSORE PROGRAM
06:45-09:15
MARGARET

300 SPARTAN HIIT
07:00-07:45
IMRAN

300 SPARTAN HIIT
12:15-13:00
IMRAN

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

the **SILENT GROUND**
09:15-11:45

PRENATAL YOGA
19:00-20:15
JADE

十月·星期三
25
OCT
WED

MYSORE PROGRAM
06:45-09:15
MARGARET

300 SPARTAN HIIT
07:00-07:45
MARC

300 SPARTAN HIIT
12:30-13:15
IMRAN

the **SILENT GROUND**
18:00-20:00

PRENATAL YOGA
10:30-11:30
CISSY

THERAPEUTIC ALIGNMENT
VINYASA
19:15-20:30
PABLO

十月·星期四
26
OCT
THU

MYSORE PROGRAM
06:45-09:15
MARGARET

300 SPARTAN HIIT
07:00-07:45
IMRAN

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
TATIANA

十月·星期五
27
OCT
FRI

MYSORE PROGRAM
06:45-09:15
MARGARET

300 SPARTAN HIIT
07:00-07:45
MARC

OLYMPIANS HIT
12:30-13:15
IMRAN

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

HATHA YOGA
11:00-12:15
TATIANA

ASHTANGA
LED
18:30-19:45
MARGARET

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

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

十月·星期六
28
OCT
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
TATIANA

十月·星期日
29
OCT
SUN

ASHTANGA YOGA
(LED CLASS)
09:00-10:15
MARGARET

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

THERAPEUTIC ALIGNMENT
VINYASA
14:15-15:30
TATIANA

RESTORATIVE
/YIN YOGA
16:00-17:15
DIANA