

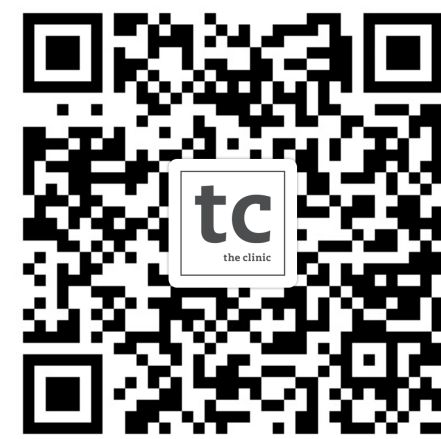
WEEKLY SCHEDULE  
课程安排

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

七月·星期一 24 JUL MON	Ashtanga MYSORE PROGRAM 06:45-08:45 MARGARET	ASHTANGA Yoga (Led) 09:15-10:30 MARGARET			
	RELEASE (MYOFASCIAL RELEASE) (coming soon) PABLO			HEART OF YOGA (Hatha) 19:15-20:30 ERIC ALESSI	the SILENT GROUND 18:00-20:00
七月·星期二 25 JUL TUE	300 SPARTAN HIIT 07:00-07:45 MAURAD	MYSORE PROGRAM 06:45-08:45 MARGARET			
	300 SPARTAN HIIT 12:30-13:15 IMRAN	YOGA KURUNTA (Wall Rope) 12:15-13:15 PABLO		PRANAYAMA & MEDITATION 19:15-20:30 ERIC ALESSI	the SILENT GROUND 18:00-20:00
七月·星期三 26 JUL WED	300 SPARTAN HIIT 07:00-07:45 MAURAD	MYSORE PROGRAM 06:45-08:45 MARGARET	PRENATAL YOGA 10:30-11:30 CISSY	the SILENT GROUND 10:00-14:00	
	300 SPARTAN HIIT 12:30-13:15 IMRAN		THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 PABLO		the SILENT GROUND 18:00-20:00
七月·星期四 27 JUL THU	300 SPARTAN HIIT 07:00-07:45 MAURAD	MYSORE PROGRAM 06:45-08:45 MARGARET			
	OLYMPIANS HIT 12:30-13:15 MAURAD		the SILENT GROUND 14:00-18:00	YOGA KURUNTA (Wall Rope) 18:30-19:45 PABLO	VINYASA FLOW YOGA 19:15-20:30 TATIANA
七月·星期五 28 JUL FRI	300 SPARTAN HIIT 07:00-07:45 MAURAD	MYSORE PROGRAM 06:45-08:45 MARGARET	HATHA YOGA 11:00-12:15 TATIANA		
	300 SPARTAN HIIT 12:30-13:15 MAURAD			ASHTANGA Yoga (Led) 18:30-19:45 MARGARET	NADA-LAYA YOGA 19:15-20:30 MELON
七月·星期六 29 JUL SAT	300 SPARTAN HIIT 10:00-10:45 MAURAD		PRENATAL YOGA 11:15-12:15 CISSY		
	300 SPARTAN HIIT 12:30-13:15 MAURAD		HATHA YOGA 13:45-14:45 TATIANA		the SILENT GROUND 16:00-18:00
七月·星期日 30 JUL SUN	300 SPARTAN HIIT 10:00-10:45 MAURAD	300 SPARTAN HIIT 11:00-11:45 MAURAD	VINYASA FLOW YOGA 12:00-13:00 DIANA	ASHTANGA Yoga (Led) 09:00-10:15 MARGARET	
	300 SPARTAN HIIT 13:00-13:45 MAURAD		THERAPEUTIC ALIGNMENT VINYASA 14:15-15:30 TATIANA	RESTORATIVE /YIN YOGA 16:00-17:15 DIANA	



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

七月·星期一  
**31**  
JUL  
MON

RELEASE  
(Myofascia Release)  
**12:15-13:00**  
PABLO

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

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

八月·星期二  
**1**  
AUG  
TUE

300 SPARTAN HIIT  
**07:00-07:45**  
MAURAD

DEFINE BARRE  
**10:00-11:00**  
LISA

PILATES  
CONTROLOGY (Mat)  
**11:15-12:15**  
LISA

300 SPARTAN HIIT  
**12:30-13:15**  
IMRAN

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

PRANAYAMA  
& MEDITATION  
**19:15-20:30**  
ERIC ALESSI

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

八月·星期三  
**2**  
AUG  
WED

300 SPARTAN HIIT  
**07:00-07:45**  
MAURAD

PRENATAL YOGA  
**10:30-11:30**  
CISSY

the SILENT GROUND  
**10:00-14:00**

300 SPARTAN HIIT  
**12:30-13:15**  
IMRAN

THERAPEUTIC ALIGNMENT  
VINYASA  
**19:15-20:30**  
PABLO

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

八月·星期四  
**3**  
AUG  
THU

300 SPARTAN HIIT  
**07:00-07:45**  
MAURAD

OLYMPIANS HIT  
**12:30-13:15**  
MAURAD

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

YOGA KURUNTA  
(Wall Rope)  
**18:30-19:45**  
PABLO

VINYASA FLOW  
YOGA  
**19:15-20:30**  
TATIANA

八月·星期五  
**4**  
AUG  
FRI

300 SPARTAN HIIT  
**07:00-07:45**  
MAURAD

DEFINE BARRE  
**10:30-11:30**  
LISA

HATHA YOGA  
**11:00-12:15**  
TATIANA

PILATES  
CONTROLOGY (Mat)  
**11:45-12:45**  
LISA

300 SPARTAN HIIT  
**12:30-13:15**  
MAURAD

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

八月·星期六  
**5**  
AUG  
SAT

300 SPARTAN HIIT  
**10:00-10:45**  
MAURAD

PRENATAL YOGA  
**11:15-12:15**  
CISSY

300 SPARTAN HIIT  
**12:30-13:15**  
MAURAD

HATHA YOGA  
**13:45-14:45**  
TATIANA

the SILENT GROUND  
**16:00-18:00**

八月·星期日  
**6**  
AUG  
SUN

300 SPARTAN HIIT  
**10:15-11:00**  
MAURAD

300 SPARTAN HIIT  
**11:15-12:00**  
MAURAD

VINYASA FLOW YOGA  
**12:00-13:00**  
DIANA

TEACHER TRAINING  
**09:00-17:30**  
TC TEACHERS

300 SPARTAN HIIT  
**13:00-13:45**  
MAURAD

THERAPEUTIC ALIGNMENT  
VINYASA  
**14:15-15:30**  
PABLO

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