



Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00		Yoga (Hatha) K.Angie 07:00-08:00					
07:30							
08:00							
10:00			Pilates K.Nui 10:00-11:00		Pilates K.Nui 10:00-11:00		
10:30				Yoga (Hatha) K.Manop 10:30-11:30			
11:00	Yoga (Hatha) K.Manop 11:00-12:00						
11:30							
12:00							
13:00							
13:30						Yoga (Hatha) K.Angie 13:30-14:30	
14:00							
14:30		Abs-Streching 14:30-15:00	Core-Balance 14:30-15:00		Abs-Streching 14:30-15:00		
15:00							
17:00							Yoga (Hatha) K.Rose 17:00-18:00
17:30							
18:00	Abs-Butt-Thigh 18:00-18:30			Aerobic Dance & Abs 18:00-18:45	Abs-Butt-Thigh 18:00-18:30		
18:30			Latin Dance K. Yui 18:15-19:15				
19:00		Yoga K.Nong 19:00-20:00		Yoga (Hatha) K.Manop 19:00-20:00			
19:30					Aero Jazz K.Kho 19:30-20:30		
20:00	Zumba Dance K.Koh 20:00-21:00	Zumba Dance K.A 20:00-21:00					
20:30							
21:00							

** Suitable for all levels

** Classes and teachers may be subject to change without prior notification