



## Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
7:30							
8:00							
10:00			Pilates K.Yok		Pilates K.Yok		
10:30			10:00-11:00		10:00-11:00		
11:00	Yoga (Hatha) K.Manop			Yoga (Hatha) K.Manop			
11:30	11:00-12:00			11:00-12:00			
12:00							
13:00							
13:30						Yoga (Hatha) K.Angie	
14:00						13:30-14:30	
14:30		Abs-Stretching 14:30-15:00	Core-Balance 14:30-15:00		Abs-Stretching 14:30-15:00		Abs-Stretching 14:30-15:00
15:00							
17:00							
17:30							
18:00		Abs-Strechging 18:00-18:30	Abs-Strechging 18:00-18:30	Aerobic Dance & Abs 18:00-18:45	Abs-Butt-Thigh 18:00-18:30		
18:30	Pilates K.Wha						
19:00	18:30-19:30	Yoga (Hatha) K.Nuch		Yoga (Hatha) K.Manop			
19:30		19:00-20:00	Aerobic Dance K.Wisanu	19:00-20:00			
20:00	Zumba Dance K. Angyee	Zumba Dance K. Bank	19:30-20:30				
20:30	20:00-21:00	20:00-21:00					
21:00							

\*\* Suitable for all levels

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