



Class Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--|-----------------------------------|--|--|-------------------------------|--|------------------------------|
| 7:00 | | | | | | | |
| 7:30 | | | | | | | |
| 8:00 | | | | | | | |
| 10:00 | | | Pilates 10:00-11:00 | | Pilates 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 | | Abs-Streching 14:30-15:00 |
| 15:00 | | | | | | | |
| 17:00 | | | | | | | |
| 17:30 | | | | | | | |
| 18:00 | Abs-Butt-Thigh 18:00-18:30 | | | | Abs-Butt-Thigh 18:00-18:30 | | |
| 18:30 | | | Latin Dance K.Nick 18:15-19:15 | Aerobic Dance & Abs 18:00-18:45 | | | |
| 19:00 | | Yoga (Hatha) | | Yoga (Hatha) K.Manop 19:00-20:00 | | | |
| 19:30 | | 19:00-20:00 | Aerobic Dance K.Wisanu 19:30-20:30 | | | | |
| 20:00 | Aerobic Dance K.Wisanu 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