



Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
7:30							
8:00							
10:00			Pilates K.Yok 10:00-11:00		Pilates K.Yok 10:00-11:00		
10:30							
11:00	Yoga (Hatha) K.Manop 11:00-12:00			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-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-Streching 18:00-18:30	Abs-Streching 18:00-18:30	Abs-Butt-Thigh 18:00-18:30	Abs-Butt-Thigh 18:00-18:30		
18:30	Pilates K.Wha 18:30-19:30						
19:00		Yoga (Hatha) K.Nuch 19:00-20:00		Aerobic Dance K.Wisanu 19:30-20:30	Yoga (Hatha) K.Manop 19:00-20:00		
19:30							
20:00	Zumba Dance K. Angyee 20:00-21:00	Zumba Dance K. Bank 20:00-21:00					
20:30							
21:00							

** Suitable for all levels

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