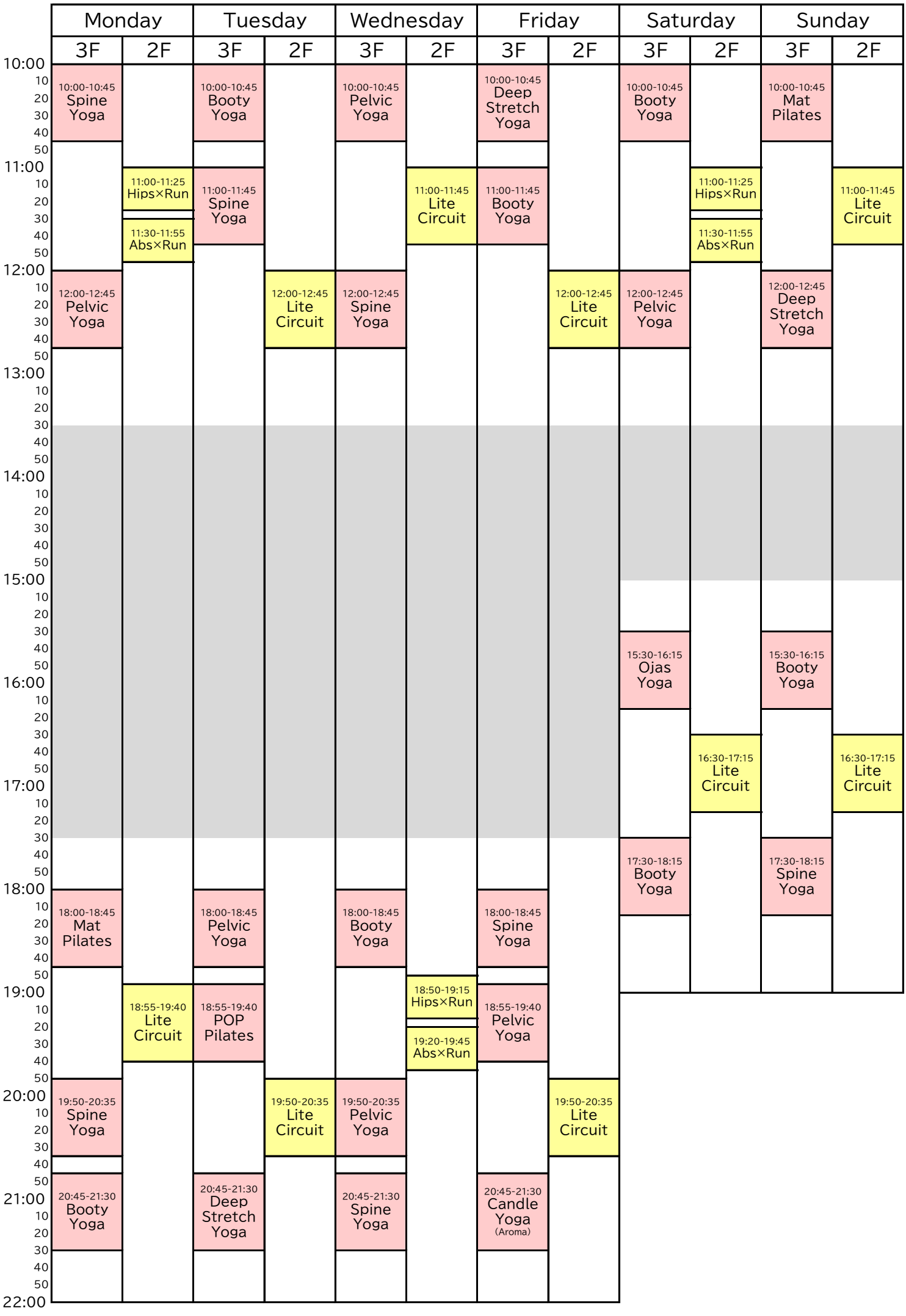
Monday
Tuesday
Wednesday
Friday
Saturday
Sunday
3F
2F
10:00
11:00
12:00
13:00
14:00
15:00
16:00
17:00
18:00
19:00
20:00
21:00
22:00
10:00-10:45 Spine Yoga
12:00-12:45 Pelvic Yoga
18:00-18:45 Mat Pilates
19:50-20:35 Spine Yoga
20:45-21:30 Booty Yoga
11:00-11:25 Hips×Run
11:30-11:55 Abs×Run
18:55-19:40 Lite Circuit
10:00-10:45 Booty Yoga
11:00-11:45 Spine Yoga
18:00-18:45 Pelvic Yoga
18:55-19:40 POP Pilates
20:45-21:30 Deep Stretch Yoga
12:00-12:45 Lite Circuit
19:50-20:35 Lite Circuit
10:00-10:45 Pelvic Yoga
12:00-12:45 Spine Yoga
18:00-18:45 Booty Yoga
19:50-20:35 Pelvic Yoga
20:45-21:30 Spine Yoga
11:00-11:45 Lite Circuit
18:50-19:15 Hips×Run
19:20-19:45 Abs×Run
10:00-10:45 Deep Stretch Yoga
11:00-11:45 Booty Yoga
18:00-18:45 Spine Yoga
18:55-19:40 Pelvic Yoga
20:45-21:30 Candle Yoga (Aroma)
12:00-12:45 Lite Circuit
19:50-20:35 Lite Circuit
10:00-10:45 Booty Yoga
11:00-11:25 Hips×Run
11:30-11:55 Abs×Run
12:00-12:45 Pelvic Yoga
15:30-16:15 Ojas Yoga
16:30-17:15 Lite Circuit
17:30-18:15 Booty Yoga
10:00-10:45 Mat Pilates
12:00-12:45 Deep Stretch Yoga
15:30-16:15 Booty Yoga
16:30-17:15 Lite Circuit
17:30-18:15 Spine Yoga
11:00-11:45 Lite Circuit