

November Tai Seng Class Schedule

MON		TUE		WED		THURS		FRI		SAT		SUN	
STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
09:30 OPEN		09:30 OPEN		15:30 OPEN		15:30 OPEN		09:30 OPEN		08:30 OPEN		08:30 OPEN	
										09:00 - 10:00 Hips & Shoulders Opening IRIS		09:00 - 10:00 Yoga Stretch JIA URN	09:30 - 10:30 Aerial Basic ESTHER
10:00 - 11:00 Hatha Yoga Basic JIA URN	10:00 - 11:00 Aerial Practice 10 SLOTS	10:00 - 11:00 Barre Fusion JASMINE (C)	10:00 - 11:00 Aerial Pilates WAWA (C)					10:00 - 11:00 Wheel Yoga L1 JIA URN		10:10 - 11:10 Core Yoga IRIS		10:10 - 11:10 Wheel Yoga Basic JIA URN	10:40 - 11:40 Aerial Yoga L1 ESTHER
11:10 - 12:10 Wheel Yoga Basic JIA URN	11:10 - 12:10 Aerial Yoga L1 WAWA (C)		11:10 - 12:10 Aerial Hoop L1 WAWA (C)					11:10 - 12:10 Yoga Stretch JIA URN	11:10 - 12:10 Aerial Flow L1 WAWA (C)	11:20 - 12:20 Barre Fusion JASMINE (C)		11:20 - 12:20 Cardio Barre AZALIA	11:50 - 12:50 Aerial Basic ESTHER
	12:20 - 13:20 Aerial Yoga L2 WAWA (C)		12:20 - 13:20 Aerial Practice 10 SLOTS					12:20 - 13:20 Barre Fusion ALVINA	12:20 - 13:20 Aerial Basic WAWA (C)	12:30 - 13:30 Gentle Flow DEBBIE		12:30 - 13:30 Girl's Style Beginner CHERRIE	13:00 - 14:00 Aerial Practice 10 SLOTS
	13:30 - 14:30 Aerial Basic WAWA (C)								13:30 - 14:30 Aerial Practice 10 SLOTS	13:40 - 14:40 Yoga Stretch JIA URN		10:00 - 10:40 HIIT DA WEI	
										14:40 - 15:40 Aerial Basic ESTHER		14:30 CLOSE	
								15:20 - 16:20 Wheel Yoga Basic JIA URN		14:50 - 15:50 Hatha Yoga Basic JIA URN		*Aerial Dance, 4 Sessions mini term Dates : 25 Oct & 1,8,15 Nov Song : The Joker And The Queen	
								16:30 - 17:30 Mindful Yoga JIA URN		16:00 - 17:00 Wheel Yoga Basic JIA URN		*40 minutes HIIT class in the gym Dates : Wed 7.30pm & Sun 10am Attire : Shoes Studio : IDefine Gym @ #09-05	
17:40 - 18:40 Gentle Flow DEBBIE	18:30 - 19:30 Aerial Flow L1 WAWA (C)	17:40 - 18:40 Aerial Practice 8 SLOTS	18:30 - 19:30 Intro to Aerial ESTHER	17:30 - 18:30 Pilates Mat ESTHER	18:30 - 19:30 Aerial Hoop Basic WAWA (C)	17:40 - 18:40 Hatha Flow L1 ANNA	18:30 - 19:30 Aerial Basic ESTHER	17:40 - 18:40 Barre Fusion JASMINE (C)	17:40 - 18:40 Aerial Basic ESTHER			17:30 CLOSE	
18:50 - 19:50 Barre Fusion JASMINE (C)	19:40 - 20:40 Aerial Hoop L1 WAWA (C)	18:50 - 19:50 Aerial Stretch FRANCIS	19:40 - 20:40 Aerial Basic ESTHER	18:50 - 19:50 Wheel Yoga Basic JIA URN	19:40 - 20:40 Aerial Flow L1 WAWA (C)	18:50 - 19:50 Barre Fusion ALVINA	19:40 - 20:40 Aerial Basic ANNA	18:50 - 19:50 Wheel Stretch ESTHER				20:30 CLOSE	
20:00 - 21:00 TRX Fusion ALVINA		20:00 - 21:00 Aerial Mini Term FRANCIS (4 classes)		20:00 - 21:00 Aerial Yoga L1 ESTHER	19:30 - 20:10 HIIT DA WEI	20:00 - 21:00 Pilates Mat ESTHER							