

CLASS SCHEDULE (NOV)

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
										09:00 - 10:00 Hips & Shoulders Opening GERALDINE		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 Pilates Mat LYDIA	10:00 - 11:00 Cardio Barre ALICIA	10:00 - 11:00 Aerial Pilates WAWA (C)			10:00 - 11:00 Wheel Yoga L1 JIA URN	10:00 - 11:00 Aerial Yoga L1 ESTHER	10:00 - 11:00 Barre Fusion ALVINA		10:10 - 11:10 Core Yoga GERALDINE	09:30 - 10:30 Aerial Pilates WAWA (C)	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 Practice 6 SLOTS	11:10 - 12:10 Wheel Yoga L1 JIA URN		11:10 - 12:10 Yoga Stretch JIA URN	11:10 - 12:10 Aerial Practice 7 SLOTS		11:10 - 12:10 Aerial Yoga L2 WAWA (C)	11:20 - 12:20 Cardio Barre AZALIA	10:40 - 11:40 Aerial Basic WAWA (C)	11:20 - 12:20 Arm Balancing GERALDINE	11:50 - 12:50 Aerial Yoga L2 ESTHER
	12:20 - 13:20 Aerial Yoga L2 WAWA (C)	12:20 - 13:20 Pilates Mat ABBY	12:20 - 13:20 Aerial Hoop Basic WAWA (C)	12:20 - 13:20 Yoga Stretch JIA URN		12:20 - 13:20 Power Pilates ABBY		12:20 - 13:20 Yin Yoga BELINDA	12:20 - 13:20 Aerial Basic WAWA (C)	12:30 - 13:30 HIIT LORIE	11:50 - 12:50 Aerial Yoga L1 JAYNE	12:30 - 13:30 Hatha Flow L2 GERALDINE	13:00 - 14:00 Aerial Stretch ANNA
	13:30 - 14:30 Aerial Basic WAWA (C)						13:30 - 14:30 Aerial Hoop Basic WAWA (C)		13:30 - 14:30 Aerial Practice 7 SLOTS	13:40 - 14:40 Yoga Stretch JIA URN	13:00 - 14:00 Aerial Spin JAYNE	13:40 - 14:40 Cardio Barre AZALIA	14:10 - 15:10 Aerial Practice 7 SLOTS
										14:50 - 15:50 Hatha Yoga Basic JIA URN	14:10 - 15:10 Intro to Aerial ESTHER	14:50 - 15:50 Girl's Style Beginner CHERRIE	
	16:30 - 17:30 Aerial Basic ANNA							16:30 - 17:30 Hatha Yoga L1 BELINDA		16:00 - 17:00 Wheel Yoga Basic JIA URN	15:20 - 16:20 Aerial Practice 7 SLOTS	16:00 - 17:00 Yin Yoga BELINDA	
17:40 - 18:40 Hatha Yoga L1 BELINDA		17:40 - 18:40 Yin Yoga BELINDA		17:40 - 18:40 Pilates Mat ABBY		17:40 - 18:40 Hatha Flow L1 ANNA			17:40 - 18:40 Intro to Aerial ESTHER	17:10 - 18:10 Girl's Style Beginner AH THONG	16:30 - 17:30 Aerial Hoop Basic WAWA (C)		
18:50 - 19:50 Cardio Barre ALICIA	18:30 - 19:30 Aerial Yoga L2 WAWA (C)	18:50 - 19:50 Hatha Yoga L2 BELINDA	18:30 - 19:30 Intro to Aerial ESTHER	18:50 - 19:50 Wheel Yoga Basic JIA URN	18:30 - 19:30 Aerial Hoop Basic WAWA (C)	18:50 - 19:50 Barre Fusion ALVINA	18:30 - 19:30 Aerial Basic ESTHER	18:30 - 19:30 Aerial Yoga L1 IVY	18:50 - 19:50 Wheel Stretch ESTHER	18:20 - 19:20 Girl's Style Beginner AH THONG	17:40 - 18:40 Aerial Basic IVY		
20:00 - 21:00 TRX Fusion LORIE	19:40 - 20:40 Aerial Hoop Basic WAWA (C)	20:00 - 21:00 Private Class AH THONG	19:40 - 20:40 Aerial Basic ESTHER	20:00 - 21:00 Aerial Yoga L2 ESTHER	19:40 - 20:40 Aerial Yoga L1 WAWA (C)	20:00 - 21:00 Pilates Mat RACHEL	19:40 - 20:40 Aerial Stretch ANNA	19:40 - 20:40 Aerial Flow Basic IVY	20:00 - 21:00 Aerial Yoga L1 ESTHER		20:00 - 21:00 Aerial Hoop Basic WAWA (C)		
										20:00 CLOSE			
												17:30 CLOSE	

Highlighted cells/ 橘色单元格- Mask On/ 需要戴口罩