



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	Yoga (Hatha) K.Manop 10:30-11:30						
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							
14:00							
14:30	Abs-Stretching 14:30-15:00		Abs-Stretching 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-Butt-Thigh 18:00-18:30		Abs-Butt-Thigh 18:00-18:30	Abs-Butt-Thigh 18:00-18:30		
18:30	Pilates K. Muk 18:30-19:30		Dancing K. Mote 18:30-19:30				
19:00		Yoga (Hatha) K.Nuch 19:00-20:00		Yoga (Hatha) K.Manop 19:00-20:00			
19:30	Zumba Dance K. Mote 19:30-20:30		Aerobic Dance K. Aoi 19:30-20:30				
20:00		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