

Wellness Studio Schedule November 2018

MON	TUE	WED	THU	FRI	SAT	SUN
TAI CHI	YOGILATES	PILOXING	HIIT	HATHA YOGA	VINYASA YOGA	PILATES
DS / EB / CD	DS / EB / CD	DS / CD	DS / EB / CD	DS / DS / EB / CD	DS / DS / EB / CD	EB / CD
			1	2	3	4
			HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30	VINYASA YOGA BY M 18.30 - 19.30	PILATES BY NAM-KANG 17:00 - 18:00
5	6	7	8	9	10	11
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30	PIOXING BY BLUE 18.30 - 19.30	HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30	VINYASA YOGA BY M 18.30 - 19.30	PILATES BY NAM-KANG 17:00 - 18:00
12	13	14	15	16	17	18
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30	PIOXING BY BLUE 18.30 - 19.30	HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30	VINYASA YOGA BY M 18.30 - 19.30	PILATES BY NAM-KANG 17:00 - 18:00
19	20	21	22	23	24	25
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30	PIOXING BY BLUE 18.30 - 19.30	HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30	VINYASA YOGA BY M 18.30 - 19.30	PILATES BY NAM-KANG 17:00 - 18:00
26	27	28	29	30		
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30	PIOXING BY BLUE 18.30 - 19.30	HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30		

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TAI CHI	YOGILATES	PILOXING	HIIT	HATHA YOGA	VINYASA YOGA	PILATES
DS / EB / CD	DS / EB / CD	DS / CD	DS / EB / CD	DS / DS / EB / CD	DS / DS / EB / CD	EB / CD
					1	2
					VINYASA YOGA BY M 18.30 - 19.30	PILATES BY NAM-KANG 17:00 - 18:00
3	4	5	6	7	8	9
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30	PIOXING BY BLUE 18.30 - 19.30	HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30	VINYASA YOGA BY M 18.30 - 19.30	PILATES BY NAM-KANG 17:00 - 18:00
10	11	12	13	14	15	16
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30	PIOXING BY BLUE 18.30 - 19.30	HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30	VINYASA YOGA BY M 18.30 - 19.30	PILATES BY NAM-KANG 17:00 - 18:00
17	18	19	20	21	22	23
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30	PIOXING BY BLUE 18.30 - 19.30	HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30	VINYASA YOGA BY M 18.30 - 19.30	PILATES BY NAM-KANG 17:00 - 18:00
24	25	26	27	28	29	30
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30	PIOXING BY BLUE 18.30 - 19.30	HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30	VINYASA YOGA BY M 18.30 - 19.30	PILATES BY NAM-KANG 17:00 - 18:00