

## Wellness Studio Schedule January 2019

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	5	6
	<b>YOGILATES</b> BY NONG 18.30 - 19.30	<b>PIOXING</b> BY BLUE 18.30 - 19.30	<b>HIIT</b> BY BENZ 18.30 - 19.30	<b>HATHA YOGA</b> BY M 18.30 - 19.30	<b>VINYASA YOGA</b> BY M 18.30 - 19.30	<b>PILATES</b> BY NAM-KANG 17.00 - 18.00
7	8	9	10	11	12	13
<b>TAICHI</b> BY SAK 18.30 - 19.30	<b>YOGILATES</b> BY NONG 18.30 - 19.30	<b>PIOXING</b> BY BLUE 18.30 - 19.30	<b>HIIT</b> BY BENZ 18.30 - 19.30	<b>HATHA YOGA</b> BY M 18.30 - 19.30	<b>VINYASA YOGA</b> BY M 18.30 - 19.30	<b>PILATES</b> BY NAM-KANG 17.00 - 18.00
14	15	16	17	18	19	20
<b>TAICHI</b> BY SAK 18.30 - 19.30	<b>YOGILATES</b> BY NONG 18.30 - 19.30	<b>PIOXING</b> BY BLUE 18.30 - 19.30	<b>HIIT</b> BY BENZ 18.30 - 19.30	<b>HATHA YOGA</b> BY M 18.30 - 19.30	<b>VINYASA YOGA</b> BY M 18.30 - 19.30	<b>PILATES</b> BY NAM-KANG 17.00 - 18.00
21	22	23	24	25	26	27
<b>TAICHI</b> BY SAK 18.30 - 19.30	<b>YOGILATES</b> BY NONG 18.30 - 19.30	<b>PIOXING</b> BY BLUE 18.30 - 19.30	<b>HIIT</b> BY BENZ 18.30 - 19.30	<b>HATHA YOGA</b> BY M 18.30 - 19.30	<b>VINYASA YOGA</b> BY M 18.30 - 19.30	<b>PILATES</b> BY NAM-KANG 17.00 - 18.00
28	29	30	31			
<b>TAICHI</b> BY SAK 18.30 - 19.30	<b>YOGILATES</b> BY NONG 18.30 - 19.30	<b>PIOXING</b> BY BLUE 18.30 - 19.30	<b>HIIT</b> BY BENZ 18.30 - 19.30			