

Wellness Studio Schedule March 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
				HATHA YOGA BY M 18.30 - 19.30	VINYASA YOGA BY M 18.30 - 19.30	PILATES BY NAM-KANG 17.00 - 18.00
4	5	6	7	8	9	10
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30	PIOXING BY BLUE 18.30 - 19.30	YOGA NIDRA BY YOUMIN YAP 18.30 - 19.30	YOGA NIDRA BY YOUMIN YAP 18.30 - 19.30	YOGA NIDRA BY YOUMIN YAP 18.30 - 19.30	YOGA NIDRA BY YOUMIN YAP 17.00 - 18.00
11	12	13	14	15	16	17
YOGA NIDRA BY YOUMIN YAP 18.30 - 19.30	YOGA NIDRA BY YOUMIN YAP 18.30 - 19.30	YOGA NIDRA BY YOUMIN YAP 18.30 - 19.30	YOGA NIDRA BY YOUMIN YAP 18.30 - 19.30	YOGA NIDRA BY YOUMIN YAP 18.30 - 19.30	VINYASA YOGA BY M 18.30 - 19.30	PILATES BY NAM-KANG 17.00 - 18.00
18	19	20	21	22	23	24
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
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	