

WEEKLY CLASS SCHEDULE

WEEKDAY	MONDAY 16-09-2024	TUESDAY 17-09-2024	WEDNESDAY 18-09-2024	THURSDAY 19-09-2024	FRIDAY 20-09-2024	SATURDAY 21-09-2024	SUNDAY
8:30am 9:30am	Mid Autumn Festival Yoga Lily	Bolster Yoga Wei	Aerial Yoga (Advance Booking) Lily	Flow Yoga Coco	Shoulder & Back Flexi Yoga Lily	Power Yoga Wei	
9:45am 10:45am	Brunch Gathering					Private Class Wei	
10:30am 11:30am							
4:20pm 5:20pm	Pilates Yoga Wei	Power Yoga Emily	Hatha Yoga Emily	Shoulder & Back Flexi Yoga Lily	Aerial Yoga (Advance Booking) Lily		
5:30pm 6:30pm	Twisting & Detox Wei	Zumba KpopX Tiffany	Pilates Yoga Lily	Belly Dance Wei	Flow Yoga Coco		
6:30 pm 7:00 pm							