

Paid Class Schedule



Studio 1	Mon	Tue	Wed	Thu	Fri
AM					
08:00 ~ 08:50	Band Cardio <i>Jennifer</i>		Band Cardio <i>Jennifer</i>		Band Cardio <i>Jennifer</i>
09:00 ~ 09:50					

Studio 2	Mon	Tue	Wed	Thu	Fri
AM					
07:00 ~ 07:50			Vinyasa Yoga (Advanced) Min Jung		
08:00 ~ 08:50		Ball Yoga <i>Jiyoung</i>		Ball Yoga/CARERING <i>Jiyoung</i>	
09:00 ~ 09:50					
10:00 ~ 10:50					

Pool	Mon	Tue	Wed	Thu	Fri
AM					
06:30 ~ 07:20	Aqua Yoga <i>Min Jung</i>				Aqua Yoga <i>Min Jung</i>
08:30 ~ 09:20				Aqua Yoga <i>Min Jung</i>	
09:30 ~ 10:20				Aqua Yoga <i>Min Jung</i>	

Spinning	Mon	Tue	Wed	Thu	Fri
AM					
09:00 ~ 09:50		CARERING <i>Jiyoung</i>			

Class Price	Band Cardio (S-12/per month)	\$150	Fusion Line Dance (S-8)	\$100
	Meditation Class (S-10)	\$360	Aqua Yoga (S-10)	\$360
	*Meditation Class (CARERING & Ball Yoga)		Vinyasa Yoga 90-min (S-10)	\$390