

Paid Class Schedule

Studio 1	Mon	Tue	Wed	Thu	Fri
			AM		
08:00 ~ 08:50	Band Cardio Jennifer		Band Cardio Jennifer		Band Cardio Jennifer

Studio 2	Mon	Tue	Wed	Thu	Fri
			AM		
06:15 ~ 06:50				Vinyasa Beginner Yoga Min Jung Kim	
07:00 ~ 07:50		Vinyasa Beginner Yoga Min Jung Kim 06:45AM~08:15AM	Vinyasa Advanced Yoga Min Jung Kim		
08:00 ~ 08:50				Ball Yoga Ji Young	
09:00 ~ 09:50		Pilates Reformer Sweat Shereta		Pilates Reformer Sweat Shereta	
10:00 ~ 10:50					Pilates Reformer Core Stretch Shereta
			PM		
19:00 ~ 19:50			Vinyasa Beginner Yoga Min Jung Kim		
20:00 ~ 20:50					

Swimming	Mon	Tue	Wed	Thu	Fri
			AM		
06:30 ~ 07:20	Aqua Yoga Min Jung Kim				Aqua Yoga Min Jung Kim
08:30 ~ 09:20		Aqua Yoga Min Jung Kim			

Spinning	Mon	Tue	Wed	Thu	Fri
			AM		
09:00 ~ 09:50					Spining Intervals Shereta

Paid Class	Diet Cardio (S - 12)	\$120.00	Pilates Reformer (S - 10)	\$360.00
	Ball Yoga (S - 4)	\$100.00	Aqua Yoga (S-10)	\$360.00
	Spining Intervals (S - 10)	\$300.00	Vinyasa Yoga (S - 10)	\$390.00

