

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					
07:00 ~ 07:50			Vinyasa Yoga (Advanced) Minjung		
08:00 ~ 08:50		Ball Yoga Jiyoung		Ball Yoga & CARERING Jiyoung	
09:00 ~ 09:50		Pilates Reformer Sweat Sherata		Pilates Reformer Sweat Sherata	
10:00 ~ 10:50					Pilates Reformer Core Stretch Sherata

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

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

Class Pice	\$150 Band Cardio (12 Sess/per month)	\$360 Pilates Reformer (10 Sess)
	\$300 Spinning Interval (10 Sess)	\$360 Aqua Yoga (10 Sess)
	\$360 *Meditation Class (10 Sess)	\$390 Vinyasa Yoga 90-min (10 Sess)

*Meditation Class include CARERING & Ball Yoga

Group Exercise Policy

Group class Schedule is Subject to Change without prior notice.

All Classes are closed after 10 minutes from starting. Some Classes, late entrance is not allowed.

Class participants should bring towel and wipe out their sweat after use.

Cell Phone use in strictly prohibited during class.

Paid marked schedules are separated charge based classes.

Mats are required in yoga classes.

