

Wellness Studio Schedule September 2019

MON	TUE	WED	THU	FRI
TAI CHI	YOGILATES	PILOXING	HIIT	HATHA YOGA
DS / EB / CD	DS / EB / CD	DS / CD	DS / EB / CD	DS / DS / EB / CD
2	3	4	5	6
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30	PILOXING BY BLUE 18.30 - 19.30	HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30
9	10	11	12	13
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30	PILOXING BY BLUE 18.30 - 19.30	HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30
16	17	18	19	20
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30	PILOXING BY BLUE 18.30 - 19.30	HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30
23	24	25	26	27
TAICHI BY SAK 18.30 - 19.30	YOGILATES BY NONG 18.30 - 19.30w	PILOXING BY BLUE 18.30 - 19.30	HIIT BY BENZ 18.30 - 19.30	HATHA YOGA BY M 18.30 - 19.30
23				
TAICHI BY SAK 18.30 - 19.30				