



# JULY 2024 GROUP CLASS SCHEDULE

MONDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
9.00am	Pilates Reformer	Amberley	12-Ground Floor
	Sweet Sweat - Core Align	Combo -3credit	12-Ground Floor
	Functional Aerial Sport	Shuwen -3credit	2nd Floor (16-2F)
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
10.00am	Functional Aerial Sport	Shuwen -3credit	2nd Floor (16-2F)
	ATM 动中觉察	Shyin	2nd Floor (16-2F)
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
7.00pm	Pilates Reformer	Valeritz	12-Ground Floor
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
	Inspiral - Core Align	Shuwen -3credit	12-Ground Floor
7.30pm	Basic Aerial Sport	Eling	2nd Floor (16-2F)
8.00pm	Inspiral - Core Align	Shuwen -3credit	12-Ground Floor
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
	Pilates Reformer	Valetitz	12-Ground Floor

TUESDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
8.00am	Inspiral - Core Align	Shu Wen -3credits	12-Ground Floor
9.00am	Pilates ALLin Machines	Hillary Mae	2nd Floor (16-2F)
	Mat Pilates	Combo -3credit	2nd Floor (16-2F)
	Pilates Reformer	Pris	12-Ground Floor
10.00am	Basic Aerial Sport	Amberley	2nd Floor (16-2F)
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
6.00pm	Pilates Reformer	Shyin	12-Ground Floor
7.00pm	Pilates Reformer	Wing	12-Ground Floor
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
	Sweet Sweat - Core Align	Combo -3credits	12-Ground Floor
8.00pm	Pilates Reformer	Wing	12-Ground Floor
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
	Sweet Sweat - Core Align	Combo -3credits	12-Ground Floor

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# WEDNESDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
8.00am	Pilates Reformer	Hillary Mae	12-Ground Floor
9.00am	Pilates Reformer	Valeritz	12-Ground Floor
	Sweet Sweat - Core Align	Combo -3credits	12-Ground Floor
	Pilates Reformer	Valeritz	12-Ground Floor
	Functional Aerial Sport	Hillary Mae	2nd Floor (16-2F)
10.00am	Pilates Reformer	Wing	12-Ground Floor
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
	Inspiral - Core Align	Jasmine	12-Ground Floor
5.00pm	Pilates Reformer	Wing	12-Ground Floor
6.00pm	Pilates Reformer	Hillary Mae	12-Ground Floor
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
	Sweet Sweat - Core Align	Wing	12-Ground Floor
7.00pm	Pilates Reformer	Wing	12-Ground Floor
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
	Sweet Sweat - Core Align	Combo -3credits	12-Ground Floor
	Functional Aerial Sport	Hillary Mae	2nd Floor (16-2F)
8.00pm	Pilates Reformer	Valeritz	12-Ground Floor
	Inspiral - Core Align	Jasmine	12-Ground Floor

# THURSDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
8.00am	Pilates Reformer	Hillary Mae	12-Ground Floor
	Floor Yoga <i>NEW!</i>	Jasmine	2nd Floor (16-2F)
9.00am	Pilates Reformer	Valeritz	12-Ground Floor
	MAT 动力链	佳炜	2nd Floor (16-2F)
	Inspiral - Core Align	Shu Wen -3credits	12-Ground Floor
10.00am	Pilates Reformer	Valeritz	12-Ground Floor
	Inspiral - Core Align	Shu Wen -3credits	12-Ground Floor
	Basic Aerial Sport	Amberley	2nd Floor (16-2F)
6.00pm	Pilates Reformer	Shyin	12-Ground Floor
	Sweet Sweat - Core Align	Combo -3credits	12-Ground Floor
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
	Pilates ALLin Machines	Hillary Mae	2nd Floor (16-2F)
7.00pm	Pilates Reformer	Sean	1st Floor (16-1F)
	Pilates ALLin Machines	Hillary Mae	2nd Floor (16-2F)
	Kids/Teen Pilates Yoga	Jasmine	2nd Floor (16-2F)
	ATM 动中觉察	Shyin	2nd Floor (16-2F)
8.00pm	Pilates Reformer	Hillary Mae	12-Ground Floor
	Mat Pilates	Combo -3credits	2nd Floor (16-2F)
	Inspiral - Core Align	Shu Wen -3credits	12-Ground Floor
	Yes Board !	Jasmine	2nd Floor (16-2F)

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# FRIDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
8.00am	Pilates Reformer	Jasmine	12-Ground Floor
	Sweet Sweat - Core Align	Wing	12-Ground Floor
	Functional Aerial Sport	Hillary Mae	2nd Floor (16-2F)
9.00am	Sweet Sweat - Core Align	Wing	12-Ground Floor
	MAT 动力链	佳炜	2nd Floor (16-2F)
	Pilates ALLin Machines	Jasmine	2nd Floor (16-2F)
	Pilates Reformer	Pris	12-Ground Floor
10.00am	Sweet Sweat - Core Align	Combo -3credits	12-Ground Floor
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
6.00pm	Sweet Sweat - Core Align	Wing	12-Ground Floor
	MAT 动力链 <i>NEW!</i>	佳炜	2nd Floor (16-2F)
7.00pm	Pilates Reformer	Sean	12-Ground Floor
	Sweet Sweat - Core Align	Wing	12-Ground Floor
	乐灵快活 Feldenkrais	Valeritz	2nd Floor (16-2F)
	Floor Yoga	Jasmine	2nd Floor (16-2F)
	Functional Aerial Sport	Hillary Mae	2nd Floor (16-2F)
8.00pm	PilatesReformer	Valeritz	12-Ground Floor
	Pilates ALLin Machines	Hillary Mae	2nd Floor (16-2F)

# SATURDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
8.00am	Basic Aerial Sport	Eling	2nd Floor (16-2F)
9.00am	Inspiral - Core Align	Jasmine	12-Ground Floor
	Fit Ball 功能整合	Shyin	2nd Floor (16-2F)
	Yes Board!	Shu Wen -3credits	2nd Floor (16-2F)
	Pilates Reformer	Pris	12-Ground Floor
10.00am	Kid's Yoga	Jasmine	2nd Floor (16-2F)
	Basic Core Align <i>NEW!</i>	Shyin	12-Ground Floor
10.45am	Pilates Reformer	Sean	12-Ground Floor

# SUNDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
8.00am	Inspiral - Core Align	Shu Wen -3credits	12-Ground Floor
9.00am	Pilates Reformer	Sean	12-Ground Floor
	乐灵快活 Feldenkrais <i>NEW!</i>	Valeritz	2nd Floor (16-2F)
10.00am	Pilates Reformer (English Teaching)	Sean	12-Ground Floor

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Mon	10.00am	Cadillac	Amberley
Tue	9.00am	Gyrotonic Machines	Shu Wen
	7.00pm	Gyrotonic Machines	Shu Wen
Wed	9.00am	Cadillac	Jasmine
	7.00pm	Cadillac	Jasmine

Thurs	9.00am	Cadillac	Jasmine
	7.00pm	Gyrotonic Machines	Shu Wen <small>-6credits</small>
Fri	10.00am	Cadillac	Wing
	6.00pm	Cadillac	Jasmine
	8.00pm	Cadillac	Jasmine

**NEW!**



# 2024 - SPECIAL MINI GROUP PRIVATE 1 TO 2

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