

Class Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00					Yoga (Flow Style)		
10:00				Yoga (RAMA)	09:00 - 10:00		
10:00	Yoga (RAMA)		Pilates	09:30-10:30	Pilates Class		
11:00	Peerawat		Pinanong(10:00-11:00)		10:00 - 11:00		
11:00		Low - Impact		Total body Workout		Low - Impact	Total body workout
12:00		11:00 - 12:00		11:00-12:00		11:00-12:00	11:00 - 12:00
13:00						Yoga (RAMA)	
14:00						13:00 - 14:00	
15:00							
16:00							
17:30	Dancing class						Yoga (Hatha)
18:30	17:30-18:30						Angie 17:00-18:00
18:30	Hi-Impact (3)	Tae Bo**	Hi - Impact (2)	Totalbody Workout	Low - Impact	Yoga (Flow)	
19:30	Anon(18:30-19:30)	Ko (18:30 - 19:30)	18:00-19:00	18:00-19:00	18:00-19:00	Tee (18:00 - 19:00)	
19:30							
20:30				Yoga (Hatha)			
20:00				Manop 19:45-20:45			
21:00							

**Suitable for all Levels

1 Beginner Level

2 Medium Level

3 Advanced Level

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