

Class Schedule

2026.1~3

WEEK DAY	MON	TUE	WED	THU	FRI	SAT	SUN	WEEK END
7:00 - 10:00	7:30-8:15 Ashtanga Yoga ★★	7:15-8:00 Basic Hatha Yoga ★	7:15-8:15 Morning Yoga ★	7:30-8:15 Beginner Vinyasa Yoga ★	7:30-8:15 Morning Hatha Yoga ★	AM 8:00 OPEN		
	8:30-9:15 1・3・5w:Morning Yoga 2・4w:Active Yoga ★★★	8:15-9:15 Morning Yoga ★	8:30-9:30 Morning Flow Yoga ★	8:30-9:15 Relax Flow Yoga ★	8:30-9:15 Breath-focused Yoga ★★	8:00-9:00 Morning Flow Yoga ★	8:30-9:15 TRX® Workout ★~★★★	8:00 - 11:00
10:00 - 13:00	9:30-10:30 Alignment Yoga ★★	2・4w 9:30-10:30 Nordic Walking ★★	9:30-10:30 Core Training ★★★	9:30-10:30 PARK Fitness ★★	9:30-10:30 Refresh Yoga ★	9:15-10:15 Morning Yoga ★	9:30-10:15 TRX® Workout ★~★★★	
	10:45-12:00 Breath-focused Yoga ★★	11:00-12:00 Vinyasa Flow Yoga ★★	11:00-12:00 Beginner Bouldering ★	10:00-11:15 Hatha Flow & Meditation Yoga ★★	10:45-12 Vinyasa Yoga ★★	10:45-11:45 Active Yoga & Training ★★★	10:45-12:00 Beginner Bouldering ★	10:30-11:30 Ballet Port de Bras ★★
13:00 - 18:00	12:15-13:00 JAZZ Dance ★★	12:30-13:15 Belly Dance ★	11:30-12:30 Basic Pilates ★	12:00-12:45 Pelvic Conditioning ★	12:00-12:45 Pelvic Conditioning ★	12:00-13:00 Energy Flow Yoga ★★★	12:15-13:15 IGNITE TWO ★★★	11:00 - 14:00
	13:00-15:00 3w Yoga Philosophy Course 【Paid Class】	17:00-18:00 Kids Bouldering		13:00-15:00 3w Yoga Philosophy Course 【Paid Class】	17:00-18:00 Kids Bouldering	13:30-14:30 Stretch Pilates ★	13:35-14:35 Beginner Vinyasa Yoga ★	
18:00 - 22:00	19:00-20:00 Relax & Restorative Yoga ★	19:00-20:00 Aroma Slow Yoga ★	19:00-20:15 Beginner Bouldering ★	19:00-20:00 Energy Flow Yoga ★★★	19:00-20:15 Intermediate Bouldering ★★	14:45-15:45 IGNITE TWO ★★★	15:00-15:45 Basic Yoga ★	14:00 - 18:00
	20:15-21:00 Barre Tone workout ★	20:15-21:15 1・5w:Yoga Stretch with a Pilates Ball 2・4w:Pilates for Breath & Alignment ★★★	20:15-21:15 Basic Afro Dance ★	20:15-21:15 Hatha Yoga ★	20:30-21:30 Beginner Bouldering ★	20:15-21:15 Relax Yoga ★	16:00-16:45 Lymph Yoga ★	