

## Wellness Studio Schedule June 2019

MON	TUE	WED	THU	FRI	SAT	SUN
TAI CHI	YOGILATES	PILOXING	HIIT	HATHA YOGA	VINYASA YOGA	PILATES
DS / EB / CD	DS / EB / CD	DS / CD	DS / EB / CD	DS / DS / EB / CD	DS / DS / EB / CD	EB / CD
					1	2
					<b>VINYASA YOGA</b> BY M 18.30 - 19.30	<b>YOGA NIDRA</b> BY YOUMIN YAP 17.00 - 18.00
3	4	5	6	7	8	9
<b>YOGA NIDRA</b> BY YOUMIN YAP 18.30 - 19.30	<b>YOGILATES</b> BY NONG 18.30 - 19.30	<b>PILOXING</b> BY BLUE 18.30 - 19.30	<b>HIIT</b> BY BENZ 18.30 - 19.30	<b>HATHA YOGA</b> BY M 18.30 - 19.30	<b>VINYASA YOGA</b> BY M 18.30 - 19.30	<b>YOGA NIDRA</b> BY YOUMIN YAP 17.00 - 18.00
10	11	12	13	14	15	16
<b>YOGA NIDRA</b> BY YOUMIN YAP 18.30 - 19.30	<b>YOGILATES</b> BY NONG 18.30 - 19.30	<b>PILOXING</b> BY BLUE 18.30 - 19.30	<b>HIIT</b> BY BENZ 18.30 - 19.30	<b>HATHA YOGA</b> BY M 18.30 - 19.30	<b>VINYASA YOGA</b> BY M 18.30 - 19.30	<b>PILATES</b> BY NAM-KANG 17.00 - 18.00
17	18	19	20	21	22	23
<b>TAICHI</b> BY SAK 18.30 - 19.30	<b>YOGILATES</b> BY NONG 18.30 - 19.30	<b>PILOXING</b> BY BLUE 18.30 - 19.30	<b>HIIT</b> BY BENZ 18.30 - 19.30	<b>HATHA YOGA</b> BY M 18.30 - 19.30	<b>VINYASA YOGA</b> BY M 18.30 - 19.30	<b>PILATES</b> BY NAM-KANG 17.00 - 18.00
24	25	26	27	28	29	30
<b>TAICHI</b> BY SAK 18.30 - 19.30	<b>YOGILATES</b> BY NONG 18.30 - 19.30	<b>PILOXING</b> BY BLUE 18.30 - 19.30	<b>HIIT</b> BY BENZ 18.30 - 19.30	<b>HATHA YOGA</b> BY M 18.30 - 19.30	<b>VINYASA YOGA</b> BY M 18.30 - 19.30	<b>PILATES</b> BY NAM-KANG 17.00 - 18.00