

CLASS

KOREArena

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00-10:00 肩頸放鬆YOGA LOCATION: B2		9:00-10:00 FUNCY DANCE LOCATION: B2		9:00-10:00 脊椎放鬆 MOBILITY STICK LEVEL1 LOCATION: B2	9:00-10:00 呼吸YOGA LOCATION: B2
10:00-11:00 蜜桃臀BARRE LOCATION: B2	10:15-11:00 修臂BARRE LOCATION: B2	10:00-11:00 纖腰收腹PILATES LOCATION: B2	10:00-11:00 美腿塑型BARRE LOCATION: B2		10:15-11:15 脊椎放鬆 MOBILITY STICK LEVEL2 LOCATION: B2	10:15-11:15 蜜桃臀BARRE LOCATION: B2
11:00-12:00 HYROX FOUNDATION HYROX 基礎訓練 LOCATION: B1		11:00-12:00 HYROX FOUNDATION HYROX 基礎訓練 LOCATION: B1		11:00-12:00 HYROX FOUNDATION HYROX 基礎訓練 LOCATION: B1	11:30-12:30 HYROX ENGINE HYROX體能訓練 LOCATION: B1	11:15-12:15 HYROX POWER HYROX力量訓練 LOCATION: B1
				12:15-13:15 YOGA WHEEL LOCATION: B2		
		13:30-14:30 脊椎放鬆 MOBILITY STICK LV1 LOCATION: B1	13:30-14:30 HYROX ENGINE HYROX體能訓練 LOCATION: B1	13:30-14:30 循環訓練 CIRCUIT TRAINING LOCATION: B1	13:00-14:00 全身塑性PILATES LOCATION: B2	13:00-14:00 YOGA WHEEL LOCATION: B2
	14:30-15:30 HYROX FOUNDATION HYROX 基礎訓練 LOCATION: B1		14:30-15:30 協調訓練 FUNCTIONAL TRAINING LOCATION: B1		14:00-15:00 HYROX FOUNDATION HYROX 基礎訓練 LOCATION: B1	14:00-15:00 HYROX FOUNDATION HYROX 基礎訓練 LOCATION: B1
18:30-19:30 下肢力量 FUNCTIONAL TRAINING LOCATION: B1	18:30-19:30 上肢爆發力 WALL BALL LOCATION: B1	18:30-19:30 爆發力 KETTLEBELL LOCATION: B1		18:30-19:30 全身塑性PILATES LOCATION: B2	18:30-19:30 HYROX力量訓練 LOCATION: B1	
19:30-20:30 鬆腰STRETCH LOCATION: B2			19:30-20:30 脊椎放鬆 MOBILITY STICK LV2 LOCATION: B1	19:30-20:30 HYROX FOUNDATION HYROX 基礎訓練 LOCATION: B1	19:30-20:30 循環訓練CIRCUIT TRAINING LOCATION: B1	19:30-20:30 HYROX ENGINE HYROX體能訓練 LOCATION: B1
20:30-21:30 HYROX ENGINE HYROX體能訓練 LOCATION: B1	20:30-21:30 HYROX FOUNDATION HYROX 基礎訓練 LOCATION: B1	20:30-21:30 HYROX POWER HYROX力量訓練 LOCATION: B1	20:30-21:30 HYROX FOUNDATION HYROX 基礎訓練 LOCATION: B1			