





무료 그룹 수업

FREE Group Class



Studio 1	Mon	Tue	Wed	Thu	Fri
AM					
07:00 ~ 07:50		 Victoria	Strong  Victoria	 Victoria	
08:00 ~ 08:50	Best Abs Ever Zac	Strength & Abs Natalia	Line Dance Jenny	Line Dance Jenny	Free Style Natalia
09:00 ~09:50	Let's Tone Up! Zac	Cardio Dance Gloria	Step & Strength Gloria	Cardio Strength Natalia	Body Work Gloria
PM					
06:00 ~06:50	Line Dance Jenny	Together Stronger Sophie		Together Stronger Sophie	

Studio 2	Mon	Tue	Wed	Thu	Fri
AM					
09:00 ~ 09:50	Wellbeing Yoga Jiyoung	Vinyasa Flow 1/2 Heather	Wellbeing Yoga Jiyoung	Vinyasa Flow 1/2 Heather	Vinyasa Flow 3 Heather

Spinning	Mon	Tue	Wed	Thu	Fri
AM					
07:00 ~ 07:50		Spinning  Jeff	Spinning  Jeff	Spinning  Jeff	
PM					
06:00 ~ 06:50			Spinning  Jeff		

Group Exercise Policy

Group class schedule and instructor are subject to change without prior notice.
 All classes are closed after 10 minutes from starting. Some classes, late entrance is not allowed.
 Cell phone use is strictly prohibited during class.
 3 or more participants are required to conduct a class.
 Semi-private marked schedules are separate charge based classes.
 Mats are required in yoga classes.



Paid Class Schedule

<i>Studio 2</i>	Mon	Tues	Wed	Thu	Fri
AM					
10:00 ~ 10:50				Pilates Ji Young Lee	

Class Price	Pilates(S-10)	\$480
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Paid Class Policy Semi-private class schedule and instructor are subject to change without prior notice.
 All classes are closed after 10 minutes from starting. Some classes, late entrance is not allowed.
 Cell phone use is strictly prohibited during class.
 3 or more participants are required to conduct a class.
 Semi-private class fee is non-refundable and cannot be used for any other service.
 All sessions must be completed within 6 months from the date of purchase.
No Credit or Refund will be remitted for any missed classes.

8/29/2025