

CHINATOWN



INDEPENDENCE DAY WEEKEND CLASSES

Thursday, July 4, 2019

10:15am-11:15am – Walk, Shake and Dance (Gym)
5:30pm-6:30pm – Zumba (Studio)

Friday, July 5, 2019

10:00am-11:20am – Vinyasa Yoga (Studio)
5:30pm-6:30pm – Cardio Dance (Studio)

Saturday, July 6, 2019

8:00am-9:00am – Tai Chi (Studio)
3:15pm-4:15pm – Pilates Mat (Studio)

Sunday, July 7, 2019

10:00am-11:30am – Vinyasa Yoga (Studio)

OPERATION HOURS

THURSDAY, JULY 4 – 8:00AM-8:00PM

FRIDAY, JULY 5 – 6:00AM-11:00PM

SATURDAY, JULY 6 – 7:00AM-9:00PM

SUNDAY, JULY 7 – 7:00AM-8:00PM

Group Exercise Classes will resume back to regular schedule on Monday, July 8, 2019.

CHINATOWN



獨立日 週末班

星期四, 7月4日, 2019

10:15am-11:15am – 步行, 搖擺 和跳舞 (健身房)
5:30pm-6:30pm – 森巴 (排舞室)

星期五, 7月5日, 2019

10:00am-11:20am – 瑜珈 (排舞室)
5:30pm-6:30pm – 有氧舞蹈 (Studio)

星期六, 7月6日, 2019

8:00am-9:00am – 太極 i (排舞室)
3:15pm-4:15pm – 柏拉堤 (排舞室)

星期日, 7月7日, 2019

10:00am-11:30am – 瑜珈 (排舞室)

小組運動班時間表將於 7 月 8 日(星期一)回復正常。

辦公時間

星期四, 7 月 4 – 8:00AM-8:00PM

星期五, 7 月 5 – 6:00AM-11:00PM

星期六, 7 月 6 – 7:00AM-9:00PM

星期日, 7 月 7 – 7:00AM-8:00PM