

Weekly Group Class Schedule



北京顺义国际学校
INTERNATIONAL SCHOOL OF BEIJING

All Classes are by reservation. Walk-in are welcome.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30am Spin动感单车 (Amparo)	8:30-9:30am Spin+ 动感单车(Stella)		6:00-6:45am Spin动感单车(Lundy) 8:30-9:30am Spin+ 动感单车(Stella)		8:30-9:30am Spin+动感单车 (Amparo/Desiree)	8:00-9:00am Road Race Spin公路竞速单车 (Lundy)
9:00-10:00am Yoga瑜伽@ISB (Cindy)			8:30-9:30am H.I.M. Cardio Circuit心肺循环 (Brandon)		8:30-9:30am Strength& Conditioning力量&体 能 (Camila)	8:30-9:30am H.I.M. Bootcamp新兵训练营 (Brandon)
12:00-1:00pm Bikini Body Transform比基尼塑身 @ISB (Amy)	10:00-11:00am H.I.M.Cardio Circuit心肺循环@ISB (Lundy)	10:00-11:00am Pilates 普拉提@ISB (Frida)	10:00-11:00am H.I.M. Core Conditioning 核心体能@ISB (Marc)	10:00-11:00am Zumba 尊巴@ISB (Mandy)	10:00-11:00am Step Aerobics 踏板有氧操@ ISB (Frida)	10:30-11:45am Yoga 瑜伽(Mia)
						11:00-12:00am Kick Boxing 自由搏击@ISB (Tata)
	5:30-6:30pm Zumba 尊巴(Mandy)	6:00-7:00pm Aikido 合气道(Jack)	6:30-7:45pm Yoga 瑜伽(Mia)	6:30-7:30pm H.I.M. Cardio Circuit心肺循环 (Brandon)		



Marc Henderson - 18601327630
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Brandon Payan - 15901107857
Stell Chan Marinaro - 18601274767
Frida Metz-1820677134

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