

Weekly Group Class Schedule



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)
		8:30-9:30am Runner's Circuit 力量&体能(Lundy)	8:30-9:30am H.I.M. Cardio Circuit心肺循环 (Brandon)		8:30-9:30am Strength& Conditioning 力量&体 能 (Marc)	8:30-9:30am H.I.M. Bootcamp 新兵训练营 (Brandon)
	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 (Zhang)
	5:30-6:30pm Zumba 尊巴(Mandy)		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
Cindy- 15910663284
Brandon Payan - 15901107857
Stella Chan Marinaro - 18601274767
Frida Metz-1820677134

George-18611704208
Tata-18810528384
Lundy Clark - 13811854470
Mia Gorar-18519736144
Mandy-183 1118 2252

Vito-13641166818
Amy-13911715092
Camilla-15652729258
Jack-13488763844
Zhang-13683239466

www.humaninmotion.com.cn
humaninmotion@yahoo.com
Phone: 84703616