

FITNESS CALENDAR

团课课表

2026.07.01 – 2026.07.31

MONDAY 星期一	TUESDAY 星期二	WEDNESDAY 星期三	THURSDAY 星期四	FRIDAY 星期五	SATURDAY 星期六	SUNDAY 星期日
<p>11:00 ZUMBA 力量芭蕾 (60) All Levels 不限级别 Movement Studio 律动室 Jessica (CN/EN)</p>	<p>9:00 Mat Pilates 垫上普拉提 (60) All Levels 不限级别 Movement Studio 律动室 Fitness Team (CN)</p>	<p>10:30 Feel The Beat 感受节拍 (60) All Levels 不限级别 Movement Studio 律动室 Ben (CN/EN)</p>	<p>11:00 Feel The Beat 感受节拍 (60) All Levels 不限级别 Movement Studio 律动室 Ben (CN/EN)</p>	<p>10:00 Cardio Ignite 点燃有氧 (45) Intermediate Levels 中级 Movement Studio 律动室 Fitness Team (CN)</p>	<p>11:00 Belly Dance 肚皮舞 (60) All Levels 不限级别 Movement Studio 律动室 Greta (CN)</p>	<p>10:00 Feel The Beat 感受节拍 (60) All Levels 不限级别 Movement Studio 律动室 Ben (CN/EN)</p>
<p>12:30 Classic Jazz 古风爵士 (60) All Levels 不限级别 Movement Studio 律动室 CK (CN)</p>	<p>11:00 Belly Dance 肚皮舞 (60) All Levels 不限级别 Movement Studio 律动室 Greta (CN)</p>	<p>13:30 GYROKINESIS 垫上婵柔 (60) All Levels 不限级别 Movement Studio 律动室 Suki (CN)</p>	<p>15:00 Belly Dance 肚皮舞 (60) All Levels 不限级别 Movement Studio 律动室 Greta (CN)</p>	<p>14:00 Singing Bowl Yin Yoga 颂钵阴瑜伽 (60) All Levels 不限级别 Movement Studio 律动室 Luffy (CN)</p>	<p>13:30 Mat Pilates 垫上普拉提 (60) All Levels 不限级别 Movement Studio 律动室 Fitness Team (CN)</p>	<p>11:30 GYROKINESIS 垫上婵柔 (60) All Levels 不限级别 Movement Studio 律动室 Suki (CN)</p>
<p>15:00 Core Training 核心训练 (45) All Levels 不限级别 Movement Studio 律动室 Fitness Team (CN)</p>	<p>14:00 Singing Bowl Yin Yoga 颂钵阴瑜伽 (60) All Levels 不限级别 Movement Studio 律动室 Luffy (CN)</p>	<p>15:00 Sculpt and Tone 局部塑形 (60) All Levels 不限级别 Fitness Centre 健身房 Fitness Team (CN)</p>	<p>16:30 Therapeutic Yoga 理疗瑜伽 (60) All Levels 不限级别 Movement Studio 律动室 Jimmy (CN)</p>	<p>15:30 ZUMBA 尊巴 (60) All Levels 不限级别 Movement Studio 律动室 Jessica (CN/EN)</p>	<p>16:30 Flow Yoga 流瑜伽 (60) All Levels 不限级别 Movement Studio 律动室 Jimmy (CN)</p>	<p>15:00 Jazz 爵士舞 (60) All Levels 不限级别 Movement Studio 律动室 CK (CN)</p>
<p>17:30 Flow Yoga 流瑜伽 (60) All Levels 不限级别 Movement Studio 律动室 Jimmy (CN)</p>	<p>17:00 Cardio Ignite 点燃有氧 (45) Intermediate Levels 中级 Movement Studio 律动室 Fitness Team (CN)</p>	<p>18:00 Ashtanga Yoga 阿斯汤加瑜伽 (60) Advanced Levels 进阶级 Movement Studio 律动室 Kaka (CN)</p>	<p>18:00 Core Training 核心训练 (45) All Levels 不限级别 Movement Studio 律动室 Fitness Team (CN)</p>	<p>17:00 Ashtanga Yoga 阿斯汤加瑜伽 (60) Advanced Levels 进阶级 Movement Studio 律动室 Kaka (CN)</p>	<p>18:00 Sculpt and Tone 局部塑形 (60) All Levels 不限级别 Fitness Centre 健身房 Fitness Team (CN)</p>	<p>18:00 Function of Stretching 功能伸展 (45) All Levels 不限级别 Movement Studio 律动室 Fitness Team (CN)</p>

FEE: CNY150/class

课时费: 150元/节

NOTES

1. All participants are requested to wear sportswear and sneakers and arrive 10 minutes in advance.
2. To ensure your safety and a pleasant experience, please inform us in advance of any pre-existing injury, illness or aversion to physical contact.
3. Asaya Active reserves the right to cancel classes without prior notice.

注意

1. 请所有参加课程的会员身穿运动服及运动鞋提前10分钟到场。
2. 为确保您的安全和体验感，如有注意事项例如：受伤、慢性疾病或介意肢体接触等，请提前告知教练。
3. 如有特殊情况我们有权取消课程，恕不另行通知。