



Shanghai Centre  
上海商城

## Group Exercise Schedule

### *The Ritz-Carlton Health Club*

	9:30AM	10:00AM	11:00AM	12:00PM	7:00PM	7:30PM
Monday		YOGA 瑜伽				FLOW YOGA 流瑜伽
Tuesday				COMPOSITIVE DANCE 炫舞汇		LATIN DANCE 拉丁舞
Wednesday	TRX FAT LOSE CAMP TRX 减脂训练营					
Thursday				TRX FAT LOSE CAMP TRX 减脂训练营	POWER BOXING 能量搏击	FLOW YOGA 流瑜伽
Friday		DECOMPRESS YOGA 减压瑜伽	BALLET 芭蕾			PILATES 普拉提
		10:00AM				14:30PM
Saturday		TAIJI 太极				HATHA YOGA 哈达瑜伽
Sunday						



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Note:

Notes/备注:

*\*All classes are complimentary for residents, except classes marked in gold*

*\*除了用金色字体标出的课程外，其它课程都对上海商城公寓客人免费开放。*

*\*All classes are taught by Wellness Expert Studio Professional Trainers*

*\*所有的课程都由菲宝迪健身中心的教练教授。*

*\*The studio is located in Suite 666 of the East Office Building (access through Ritz-Carlton Health Club, 7/F)*

*\*上课的教室位于东峰办公室 666 室（您也可以借由波特曼酒店 7 楼进入）*

**Have a great work-out!**

**祝您健康!**

[www.shanghaicentre.com](http://www.shanghaicentre.com)

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