



上海嘉里健身
KERRY SPORTS
SHANGHAI

GROUP EXERCISE SCHEDULE

Spring 2020
May

MON	TUE	WED	THU	FRI	SAT	SUN
Energy Pump 能量杠铃 Joker 8:00 - 8:50 GE	AB Blitz 核心训练 Kevin 9:00 - 9:50 GE	Energy Step 能量踏板 Sam 8:00 - 8:50 GE	Energy Blast 能量冲击 Joker 8:00 - 8:50 GE	Energy Pump 能量杠铃 Joker 8:00 - 8:50 GE	Energy Pump 能量杠铃 Sam 9:00 - 9:50 GE	H.I.I.T 高强度间歇 Hannah 9:00 - 9:50 GE
Energy Combat 能量搏击 Joker 9:00 - 9:50 GE	Mat Pilates 普拉提垫 Cindy 9:00 - 9:50 MB	Energy Jam 能量舞动 Sam 10:00 - 10:50 GE	Energy Pump 能量杠铃 Joker 9:00 - 9:50 GE	Energy Combat 能量搏击 Joker 9:00 - 9:50 GE	Energy Jam 能量舞动 Kevin 10:00 - 10:50 GE	Power Cycle 力量单车 Cherry 10:00 - 10:50 CS
Zumba 尊巴 Karen 10:00 - 10:50 GE	Deep Stretch 舒缓拉伸 Cindy 10:00 - 10:50 MB	Ballet 芭蕾 Sharon 13:00 - 14:50 MB	Dance Remix 舞聚 Joker 10:00 - 10:50 GE	Mat Pilates 普拉提 Cindy 11:00 - 11:50 MB	Mat Pilates 普拉提垫 Cindy 10:00 - 10:50 MB	Thai Boxing 泰拳 Stone 11:00 - 11:50 GE
Yin Yang Yoga 阴阳瑜伽 Jenny 11:00 - 11:50 MB	TRX 悬空训练 Nicole 10:00 - 10:50 GE	Energy Pump 能量杠铃 Hannah 19:00 - 19:50 GE	Ballroom Dance 国标舞 Lic 11:00 - 11:50 GE	Hatha Yoga 哈达瑜伽 Heben 18:00 - 18:50 MB	Cycle Sprint 动感单车 Sam 10:00 - 10:50 CS	Universal Yoga 寰宇瑜伽 Jenny 14:00 - 14:50 MB
Hatha Yoga 哈达瑜伽 Jenny 12:00 - 12:50 MB	Belly Dance 肚皮舞 Sharon 12:00 - 12:50 MB	Core Balance 核心平衡 Hannah 20:00 - 20:50 GE	Booty Burn 翘臀燃烧营 Hannah 19:00 - 19:50 GE	Deep Stretch 舒缓拉伸 Heben 19:00 - 19:50 MB	Static Stretch 静态伸展 Cindy 11:00 - 11:50 MB	Static Stretch 静态伸展 Jenny 15:00 - 15:50 MB
Animal Flow 动物流 Tiger 19:00 - 19:50 GE	Health Noon 午间运动 Kerry on coach 12:00 - 13:00 UD/GE				Yoga Therapy 身心瑜伽 Ann 15:00 - 15:50 MB	Brazilian Fever 热情巴西 Tiger 16:00 - 16:50 GE
	Chinese Dance 中国舞 Sharon 13:00 - 14:50 MB				Hatha Yoga 哈达瑜伽 Ann 16:00 - 16:50 MB	
					Group Exercise Studio GE 团操房 Cycle Studio CS 单车房 Mind Body Studio MB 瑜伽房 (上层) Upper Floor Pilates Reformer Studio PR 普拉提房 (上层) Upper Floor Upper Deck(5th Floor) UD 5楼户外	
					Strength Mind Body Cycle Dance Cardio	

*我们想邀请您参加一节由KerryON和Kerry Sports联合开设午间精品课程 Health Noon, 可能由于天气原因会换到室内进行, 请提前预约课程通过我们热线电话: 021-61698856

*We would like to invite you to participate in a Health Noon class jointly held by KerryON and Kerry Sports, which may be changed to an indoor class due to the weather. Please make an appointment in advance through our hotline:021-61698856



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