



cnxbackstage.com
CO - WORKING SPACE

Class Schedule

Time / Date	8:00 AM	8:30 AM	9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	12:00 PM	12:30 PM	1:00 PM	1:30 PM	2:00 PM	2:30 PM	3:00 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM	7:00 PM	7:30 PM	8:00 PM
MONDAY																			Hatha Vinyasa			Aerial Hoop			
																			Kru Ket (B)			Kru Max (P)			
THESDAY																						Yoga Chair			
																						Kru Patti (B)			
WEDNESDAY																			Thiji		Aerial Yoga				
																			Kru Tom (A)		Kry Yam (B)				
THURSDAY																			Power Vinyasa		Aerial Hoop				
																			Kru Moo (I)		Kru Max (P)				
FRIDAY																			Yoga Chair		Aerobic Dance				
																			Kru Patti (I)		Kru Bank (A)				
SATURDAY			Vinyasa Flow			Yoga Chair													Aerial Yoga						
			Kru Ket (A)			Kru Patti (A)													Kry Fluety (I)						
SUNDAY			Meditation of Prana																						
			Kru Patti (A)																						

Notes:

- You can easily book your class by messaging our admin via phone or Line
- Please book or cancel your class at least 24 hours in advance, so we can manage the schedule smoothly for everyone.
- Every class will be held with a minimum of 4 people

B : BEGINNER

A : ALL LEVEL

I : INTERMEDIATE

P : PRIVATE

Interested In Our Classes? Book Now!

065-008 -3839

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