



cnxbackstage.com



Weekly Class Schedule

Day	Time	Class/Style	Instructor
MONDAY	5.30 - 6.30 PM	Hatha Vinyasa (B)	Kru Kate
THESDAY	5.30 - 6.30 PM	Power Vinyasa (I)	Kru Moo
WEDNESDAY	5.30 - 6.30 PM	Hatha Vinyasa (I)	Kru Kate
THURSDAY	-	-	-
FRIDAY	5.30 - 6.30 PM	Hatha Vinyasa (A)	Kru Kate
SATURDAY	9.00 - 10.00 AM	Vinyasa Flow (A)	Kru Kate
	10.15 - 11.15 AM	Chair Yoga (A)	Kru Patti
	5.00 - 6.00 PM	Aerial Yoga (Hammock) (B)	Kru Fluety
SUNDAY	-	-	-

NOTES:

B : BEGINNER

I : INTERMEDIATE

A : ALL LEVEL

- You can easily book your class by messaging our admin via WhatsApp or Line
- Please book your class at least 3 Days in advance, so we can manage the schedule smoothly for everyone.
- For Power Vinyasa, Chair Yoga and Aerial Yoga, class will only open if there are least 4 people confirmed bookings.