

Time/Date	1/5/2018, Tue	2/5/2018, Wed	3/5/2018, Thu	4/5/2018, Fri	5/5/2018, Sat	6/5/2018, Sun
7:00						
7:30						
8:00						
8:30						
9:00		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
9:30						
10:00	Hot Detox 高溫排毒 Pearl					
10:30						
11:00				Self-defense 以色列軍用搏擊術 Eldad	Muay Thai (LV1) 泰拳初級班	Detox Yoga 排毒瑜伽 Cherie
11:30					Hot Detox 高溫排毒 Wing C 11:45-12:45	
12:00	Muay Thai (LV2) 泰拳中級班			Arnis 菲律賓魔杖 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
12:30			**XT45 12:45-13:30 \$ 250/Session			
13:00		**XT45 13:00-13:45 \$ 250/Session / Hot B 高溫瑜伽 Joan Cheung	Aerial Basic 初級空中瑜伽 Annie Chui	**XT45 13:00-13:45 \$ 250/Session / **Power Lunch 午餐瑜伽 Jo Cheung 13:15-14:00	Hot Stretch 高溫伸展 Wing C	Gentle Yoga 和緩瑜伽 Queenie Tsang
13:30		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	
14:00	Self-defense 以色列軍用搏擊術 Eldad	Pilates Mat Work 墊上彼拉提斯 Joan Cheung 14:20-15:20	Yoga Wheel Basic 初級瑜伽輪 Annie Chui 14:20-15:20	Gentle Yoga 和緩瑜伽 Joan Cheung 14:20-15:20	Myofascial Release 肌筋膜放鬆術 Calvin 14:20-15:20	Yoga Stretch 伸展瑜伽 Queenie Tsang
14:30						
15:00	Muay Thai (LV1) 泰拳初級班 / Arnis 菲律賓魔杖 Eldad					Muay Thai (LV1) 泰拳初級班/
15:30					Hatha Yoga 哈達瑜伽 Tanny	Jazz Funk 爵士放克 Michelle
16:00						
16:30	Muay Thai (LV2) 泰拳中級班				Muay Thai (LV3) 泰拳高級班 / Yin Yoga 陰瑜伽 Tanny 16:40-17:40	Muay Thai (LV2) 泰拳中級班 / Dance Stretch 舞蹈伸展 Michelle 16:40-17:40
17:00	Self-defense 以色列軍用搏擊術 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
17:30						
18:00	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Aerial Basic 初級空中瑜伽 Calvin 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hatha Yoga 哈達瑜伽 Kit 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hot B 高溫瑜伽 Joan Cheung 18:20-19:20	Yoga Therapy 理療瑜伽 Wing C 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Capoeira Garcic	Muay Thai (LV1) 泰拳初級班 18:15-19:15
18:30				Muay Thai (LV1) 泰拳初級班		
19:00		Muay Thai (LV1) 泰拳初級班 19:15-20:15		Muay Thai (LV2) 泰拳中級班 19:15-20:15		
19:30	Yoga Wheel Basic 初級瑜伽輪 Calvin	Belly Dance 肚皮舞 Kit	Hot Stretch 高溫伸展 Joan Cheung	Muay Thai (LV1) 泰拳初級班 / Yoga Wheel Basic 初級瑜伽輪 Wing C	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
20:00	**Funky Muay Thai 放克泰拳 Fung 20:00-20:45					
20:30		Muay Thai (LV2) 泰拳中級班 / Yoga Stretch 伸展瑜伽 Alex P 20:40-21:40		Muay Thai (LV1) 泰拳初級班 / Yoga Stretch 伸展瑜伽 Kit 20:40-21:40		
21:00	Mixed Martial Arts 綜合格鬥 Fung		Aerial Basic 初級空中瑜伽 Isabella			
21:30						

備註：所有課程上課時間為一小時，( \*\* ) 課程除外

所有課程必須預約 (XT45課堂只接受電話預約或親臨分店辦理預約手續)

電話：2478 9578

Time/Date	7/5/2018, Mon	8/5/2018, Tue	9/5/2018, Wed	10/5/2018, Thu	11/5/2018, Fri	12/5/2018, Sat	13/5/2018, Sun
7:00							
7:30	Morning Yoga 早晨瑜伽 Tanny						
8:00							
8:30							
9:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
9:30							
10:00		Hot Detox 高溫排毒 Pearl					
10:30							
11:00					Self-defense 以色列軍用搏擊術 Eldad	Muay Thai (LV1) 泰拳初級班	Detox Yoga (1) 排毒瑜伽 Cherie
11:30						Hot Detox 高溫排毒 Wing C 11:45-12:45	
12:00					Arnis 菲律賓魔杖 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
12:30		**XT45 12:45-13:30 \$ 250/Session		**XT45 12:45-13:30 \$ 250/Session			
13:00	**XT45 13:00-13:45 \$ 250/Session / Hot Stretch 高溫伸展 Pearl		**XT45 13:00-13:45 \$ 250/Session / Hot B 高溫瑜伽 Joan Cheung	Aerial Basic 初級空中瑜伽 Annie Chui	**XT45 13:00-13:45 \$ 250/Session / **Power Lunch 午餐瑜伽 Joan Cheung 13:15-14:00	Hot Stretch 高溫伸展 Wing C	Gentle Yoga 和緩瑜伽 Queenie Tsang
13:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	
14:00		Self-defense 以色列軍用搏擊術 Eldad	Pilates Mat Work 墊上彼拉提斯 Joan Cheung 14:20-15:20	Yoga Wheel Basic 初級瑜伽輪 Annie Chui 14:20-15:20	Gentle Yoga 和緩瑜伽 Joan Cheung 14:20-15:20	Myofascial Release 肌筋膜放鬆術 Calvin 14:20-15:20	Yoga Stretch 伸展瑜伽 Queenie Tsang
14:30							
15:00	Aerial Basic 初級空中瑜 Prudence	Arnis 菲律賓魔杖 Eldad					Muay Thai (LV1) 泰拳初級班/
15:30						Hatha Yoga 哈達瑜伽 Tanny	Jazz Funk 爵士放克 Michelle
16:00							
16:30						Muay Thai (LV3) 泰拳高級班 / Yin Yoga 陰瑜伽 Tanny 16:40-17:40	Muay Thai (LV2) 泰拳中級班 / Dance Stretch 舞蹈伸展 Michelle 16:40-17:40
17:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 / Self-defense 以色列軍用搏擊術 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
17:30							
18:00	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hot Detox 高溫排毒 Wing C 18:20-19:20	Yoga Therapy 理療瑜伽 Wing C 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hatha Yoga 哈達瑜伽 Kit 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hot B 高溫瑜伽 Joan Cheung 18:20-19:20	Yoga Therapy 理療瑜伽 Wing C 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Capoeira Garic	Muay Thai (LV1) 泰拳初級班 18:15-19:15
18:30					Muay Thai (LV1) 泰拳初級班		
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV2) 泰拳中級班 19:15-20:15			
19:30	Yoga Therapy 理療瑜伽 Wing C	Yoga Wheel Basic 初級瑜伽輪 Wing C	Belly Dance 肚皮舞 Kit	Hot Stretch 高溫伸展 Joan Cheung	Muay Thai (LV1) 泰拳初級班 / Yoga Wheel Basic 初級瑜伽輪 Wing C	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
20:00		**Funky Muay Thai 放克泰拳 Fung 20:00-20:45					
20:30	Muay Thai (LV2) 泰拳中級班 / Jazz 爵士 Yuki 20:40-21:40	Cardio Funky 帶氧瘦身舞 Korea Kaka 20:40-21:40	Muay Thai (LV2) 泰拳中級班 / Yoga Stretch 伸展瑜伽 Alex P 20:40-21:40	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 / Yoga Stretch 伸展瑜伽 Kit 20:40-21:40		
21:00		Mixed Martial Arts 綜合格鬥 Fung		Yoga Wheel Basic 初級瑜伽輪 Cherie			
21:30							

備註：所有課程上課時間為一小時，( \*\* ) 課程除外  
所有課程必須預約 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2478 9578

Time/Date	14/5/2018, Mon	15/5/2018, Tue	16/5/2018, Wed	17/5/2018, Thu	18/5/2018, Fri	19/5/2018, Sat	20/5/2018, Sun
7:00							
7:30	Morning Yoga 早晨瑜伽 Alex P						
8:00							
8:30							
9:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
9:30							
10:00		Hot Detox 高溫排毒 Pearl					
10:30							
11:00					Self-defense 以色列軍用搏擊術 Eldad	Muay Thai (LV1) 泰拳初級班	Detox Yoga 排毒瑜伽 Cherie
11:30						Hot Detox 高溫排毒 Calvin 11:45-12:45	
12:00					Arnis 菲律賓魔杖 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
12:30		**XT45 12:45-13:30 \$ 250/Session		**XT45 12:45-13:30 \$ 250/Session			
13:00	**XT45 13:00-13:45 \$ 250/Session / Hot Stretch 高溫伸展 Pearl		**XT45 13:00-13:45 \$ 250/Session / Hot B 高溫瑜伽 Joan Cheung	Aerial Basic 初級空中瑜伽 Annie Chui	**XT45 13:00-13:45 \$ 250/Session / **Power Lunch 午餐瑜伽 Joan Cheung 13:15-14:00	Hot Stretch 高溫伸展 Calvin	Gentle Yoga 和緩瑜伽 Queenie Tsang
13:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	
14:00		Self-defense 以色列軍用搏擊術 Eldad	Pilates Mat Work 墊上彼拉提斯 Joan Cheung 14:20-15:20	Yoga Wheel Basic 初級瑜伽輪 Annie Chui 14:20-15:20	Gentle Yoga 和緩瑜伽 Joan Cheung 14:20-15:20	Myofascial Release 肌筋膜放鬆術 Calvin 14:20-15:20	Yoga Stretch 伸展瑜伽 Queenie Tsang
14:30							
15:00	Yoga Wheel Basic 初級瑜伽輪 Cherie	Arnis 菲律賓魔杖 Eldad					Muay Thai (LV1) 泰拳初級班/
15:30						Hatha Yoga 哈達瑜伽 Tanny	Jazz Funk 爵士放克 Michelle
16:00							
16:30						Muay Thai (LV3) 泰拳高級班 / Yin Yoga 陰瑜伽 Tanny 16:40-17:40	Muay Thai (LV2) 泰拳中級班 / Dance Stretch 舞蹈伸展 Michelle 16:40-17:40
17:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 / Self-defense 以色列軍用搏擊術 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
17:30							
18:00	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hot Detox 高溫排毒 Wing C 18:20-19:20	Aerial Basic 初級空中瑜伽 Calvin 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hatha Yoga 哈達瑜伽 Kit 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hot B 高溫瑜伽 Joan Cheung 18:20-19:20	Yoga Therapy 理療瑜伽 Cherie 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Capoeira Garic	Muay Thai (LV1) 泰拳初級班 18:15-19:15
18:30					Muay Thai (LV1) 泰拳初級班		
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV2) 泰拳中級班 19:15-20:15			
19:30	Yoga Therapy 理療瑜伽 Wing C	Yoga Wheel Basic 初級瑜伽輪 Calvin	Belly Dance 肚皮舞 Kit	Hot Stretch 高溫伸展 Joan Cheung	Muay Thai (LV1) 泰拳初級班 / Yoga Wheel Basic 初級瑜伽輪 Cherie	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
20:00		Muay Thai (LV1) 泰拳初級班					
20:30	Muay Thai (LV2) 泰拳中級班 / Jazz 爵士 Yuki 20:40-21:40	Cardio Funky 帶氧瘦身舞 Korea Kaka 20:40-21:40	Muay Thai (LV2) 泰拳中級班 / Yoga Stretch 伸展瑜伽 Alex P 20:40-21:40	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 / Yoga Stretch 伸展瑜伽 Kit 20:40-21:40		
21:00				Yoga Wheel Basic 初級瑜伽輪 Cherie			
21:30							

備註：所有課程上課時間為一小時，( \*\* ) 課程除外  
所有課程必須預約 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2478 9578

Time/Date	21/5/2018, Mon	22/5/2018, Tue	23/5/2018, Wed	24/5/2018, Thu	25/5/2018, Fri	26/5/2018, Sat	27/5/2018, Sun
7:00							
7:30	Morning Yoga 早晨瑜伽 Tanny						
8:00							
8:30							
9:00	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
9:30							
10:00		Hot Detox 高溫排毒 Pearl					
10:30							
11:00					Self-defense 以色列軍用搏擊術 Eldad	Muay Thai (LV1) 泰拳初級班	Detox Yoga 排毒瑜伽 Cherie
11:30						Hot Detox 高溫排毒 Calvin 11:45-12:45	
12:00		Muay Thai (LV2) 泰拳中級班			Arnis 菲律賓魔杖 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
12:30				**XT45 12:45-13:30 \$ 250/Session			
13:00	**XT45 13:00-13:45 \$ 250/Session / Hot Stretch 高溫伸展 Pearl		**XT45 13:00-13:45 \$ 250/Session / Hot B 高溫瑜伽 Joan Cheung	Aerial Basic 初級空中瑜伽 Annie Chui	**XT45 13:00-13:45 \$ 250/Session / **Power Lunch 午餐瑜伽 Joan Cheung 13:15-14:00	Hot Stretch 高溫伸展 Calvin	Gentle Yoga 和緩瑜伽 Queenie Tsang
13:30	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	
14:00		Self-defense 以色列軍用搏擊術 Eldad	Pilates Mat Work 墊上彼拉提斯 Joan Cheung 14:20-15:20	Yoga Wheel Basic 初級瑜伽輪 Annie Chui 14:20-15:20	Gentle Yoga 和緩瑜伽 Joan Cheung 14:20-15:20	Myofascial Release 肌筋膜放鬆術 Calvin 14:20-15:20	Yoga Stretch 伸展瑜伽 Queenie Tsang
14:30							
15:00	Aerial Basic 初級空中瑜伽 Prudence	Muay Thai (LV1) 泰拳初級班 / Arnis 菲律賓魔杖 Eldad					Muay Thai (LV1) 泰拳初級班/
15:30						Hatha Yoga 哈達瑜伽 Tanny	Jazz Funk 爵士放克 Michelle
16:00							
16:30		Muay Thai (LV2) 泰拳中級班				Muay Thai (LV3) 泰拳高級班 / Yin Yoga 陰瑜伽 Tanny 16:40-17:40	Muay Thai (LV2) 泰拳中級班 / Dance Stretch 舞蹈伸展 Michelle 16:40-17:40
17:00	Muay Thai (LV1) 泰拳初級班	Self-defense 以色列軍用搏擊術 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
17:30							
18:00	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hot Detox 高溫排毒 Tanny 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Aerial Basic 初級空中瑜伽 Calvin 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hatha Yoga 哈達瑜伽 Kit 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hot B 高溫瑜伽 Joan Cheung 18:20-19:20	Yoga Therapy 理療瑜伽 Cherie 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Capoeira Garic	Muay Thai (LV1) 泰拳初級班 18:15-19:15
18:30					Muay Thai (LV1) 泰拳初級班		
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15		Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV2) 泰拳中級班 19:15-20:15			
19:30	Yoga Therapy 理療瑜伽 Tanny	Yoga Wheel Basic 初級瑜伽輪 Calvin	Belly Dance 肚皮舞 Kit	Hot Stretch 高溫伸展 Joan Cheung	Muay Thai (LV1) 泰拳初級班 / Yoga Wheel Basic 初級瑜伽輪 Cherie	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
20:00		**Funky Muay Thai 放克泰拳 Fung 20:00-20:45					
20:30	Muay Thai (LV2) 泰拳中級班 / Jazz 爵士 Yuki 20:40-21:40		Muay Thai (LV2) 泰拳中級班 / Yoga Stretch 伸展瑜伽 Kit 20:40-21:40	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 / Yoga Stretch 伸展瑜伽 Kit 20:40-21:40		
21:00		Mixed Martial Arts 綜合格鬥 Fung		Aerial Basic 初級空中瑜伽 Isabella			
21:30							

備註：所有課程上課時間為一小時，( \*\* ) 課程除外  
所有課程必須預約 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2478 9578

Time/Date	28/5/2018, Mon	29/5/2018, Tue	30/5/2018, Wed	31/5/2018, Thu		
7:00						
7:30	Morning Yoga 早晨瑜伽 Tanny					
8:00						
8:30						
9:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
9:30						
10:00		Hot Detox 高溫排毒 Pearl				
10:30						
11:00						
11:30						
12:00						
12:30		**XT45 12:45-13:30 \$ 250/Session		**XT45 12:45-13:30 \$ 250/Session		
13:00	**XT45 13:00-13:45 \$ 250/Session / Hot Stretch 高溫伸展 Pearl		**XT45 13:00-13:45 \$ 250/Session / Hot B 高溫瑜伽 Joan Cheung	Aerial Basic 初級空中瑜伽 Katnix		
13:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
14:00		Self-defense 以色列軍用搏擊術 Eldad	Pilates Mat Work 墊上彼拉提斯 Joan Cheung 14:20-15:20	Yoga Wheel Basic 初級瑜伽輪 Katnix 14:20-15:20		
14:30						
15:00	Aerial Basic 初級空中瑜伽 Prudence	Arnis 菲律賓魔杖 Eldad				
15:30						
16:00						
16:30						
17:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 / Self-defense 以色列軍用搏擊術 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
17:30						
18:00	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hot Detox 高溫排毒 Wing C 18:20-19:20	Aerial Basic 初級空中瑜伽 Calvin 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hatha Yoga 哈達瑜伽 Kit 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hot B 高溫瑜伽 Joan Cheung 18:20-19:20		
18:30						
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV2) 泰拳中級班 19:15-20:15		
19:30	Yoga Therapy 理療瑜伽 Wing C	Yoga Wheel Basic 初級瑜伽輪 Calvin	Belly Dance 肚皮舞 Kit	Hot Stretch 高溫伸展 Joan Cheung		
20:00		**Funky Muay Thai 放克泰拳 Fung 20:00-20:45				
20:30	Muay Thai (LV2) 泰拳中級班 / Jazz 爵士 Yuki 20:40-21:40	Cardio Funky 帶氧瘦身舞 Korea Kaka 20:40-21:40	Muay Thai (LV2) 泰拳中級班 / Yoga Stretch 伸展瑜伽 Alex P 20:40-21:40	Muay Thai (LV1) 泰拳初級班		
21:00		Mixed Martial Arts 綜合格鬥 Fung		Aerial Basic 初級空中瑜伽 Isabella		
21:30						

備註：所有課程上課時間為一小時，( \*\* ) 課程除外  
所有課程必須預約 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2478 9578