

Time/Date				1/6/2018, Fri	2/6/2018, Sat	3/6/2018, Sun
7:00						
7:30						
8:00						
8:30						
9:00				Muay Thai (LV1) 泰拳初級班		
9:30						
10:00						
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 Alex P
11:30					Hot Detox 高溫排毒 Alex P 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						
13:00				**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 Alex P	Gentle Yoga 和緩瑜伽 Queenie Tsang
13:30				Muay Thai (LV2) 泰拳中級班 Gentle Yoga 和緩瑜伽 Joan Cheung 14:20-15:20	Muay Thai (LV1) 泰拳初級班 Power Yoga 力量瑜伽 Tanny 14:20-15:20	Yoga Stretch 伸展瑜伽 Queenie Tsang
14:00						
14:30						
15:00						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		
17:30						
18:00				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						
19:30				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						
20:30				Muay Thai (LV1) 泰拳初級班 / Yoga Stretch 伸展瑜伽 Kit 20:40-21:40		
21:00						
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

6月份課程時間表 (FAC 元朗旗艦店)  
Class Schedule Jun (FAC Flagship Yuen Long)



Time/Date	4/6/2018, Mon	5/6/2018, Tue	6/6/2018, Wed	7/6/2018, Thu	8/6/2018, Fri	9/6/2018, Sat	10/6/2018, 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 Alex P					
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 / Hatha Yoga 哈達瑜伽 Victor		**XT45 13:00-13:45 \$ 250/Session / Yin Yoga 陰瑜伽 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 Wing C 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	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 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 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 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	11/6/2018, Mon	12/6/2018, Tue	13/6/2018, Wed	14/6/2018, Thu	15/6/2018, Fri	16/6/2018, Sat	17/6/2018, 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 Alex P					
10:30							
11:00						Muay Thai (LV1) 泰拳初級班	Detox Yoga 排毒瑜伽 Cherie
11:30						Hot Detox 高溫排毒 Alex P 11:45-12:45	
12:00						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 / Hatha Yoga 哈達瑜伽 Joan Cheung		**XT45 13:00-13:45 \$ 250/Session / Yin Yoga 陰瑜伽 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 Alex P	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			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 Prudence						Muay Thai (LV1) 泰拳初級班/
15:30						Hatha Yoga 哈達瑜伽 Tanny	Jazz Funk 爵士放克 Millie
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 Millie 16:40-17:40
17:00	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		
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 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 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 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	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		Aerial Basic 初級空中瑜伽 Isabella			
21:30							

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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	18/6/2018, Mon	19/6/2018, Tue	20/6/2018, Wed	21/6/2018, Thu	22/6/2018, Fri	23/6/2018, Sat	24/6/2018, 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	Muay Thai (LV1) 泰拳初級班		
9:30							
10:00		Hot Detox 高溫排毒 Pearl					
10:30							
11:00	Hatha Yoga 哈達瑜伽 Victor				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 / Yoga Stretch 伸展瑜伽 Victor 12:10-13:10				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 / Yin Yoga 陰瑜伽 Andrea	Aerial Basic 初級空中瑜伽 Annie Chui	**XT45 13:00-13:45 \$ 250/Session / **Power Lunch 午餐瑜伽 Andrea 13:15-14:00	Hot Stretch 高溫伸展 Wing C	Gentle Yoga 和緩瑜伽 Queenie Tsang
13:30	Hot Detox 高溫排毒 Joan	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 Andrea 14:20-15:20	Yoga Wheel Basic 初級瑜伽輪 Annie Chui 14:20-15:20	Gentle Yoga 和緩瑜伽 Andrea 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	Hot Stretch 高溫伸展 Joan 14:40-15:40						
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		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	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 Alex P 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	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	Muay Thai (LV1) 泰拳初級班	Yoga Wheel Basic 初級瑜伽輪 Calvin	Belly Dance 肚皮舞 Kit	Hot Stretch 高溫伸展 Alex P	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		Cardio Funky 帶氣瘦身舞 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		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	25/6/2018, Mon	26/6/2018, Tue	27/6/2018, Wed	28/6/2018, Thu	29/6/2018, Fri	30/6/2018, Sat
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
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
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 / Hatha Yoga 哈達瑜伽 Pearl		**XT45 13:00-13:45 \$ 250/Session / Yin Yoga 陰瑜伽 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
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
14:30						
15:00	Aerial Basic 初級空中瑜伽 Prudence	Arnis 菲律賓魔杖 Eldad				
15:30						Hatha Yoga 哈達瑜伽 Tanny
16:00						
16:30						Muay Thai (LV3) 泰拳高級班 / Yin Yoga 陰瑜伽 Tanny 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 Wing C 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Capoeira Garic
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 Wing C	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 Millie 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		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