

7 月份課程時間表 (FAC 朗屏旗艦店)
Class Schedule JUL (FAC Flagship Long Ping)



Time/Date						01/07/2017, Sat	02/07/2017, Sun
07:00							
07:30							
08:00							
08:30							
09:00							
09:30							
10:00							
10:30							
11:00							
11:30						Hot Detox (1-2) 高溫排毒 Wing C 11:45 - 12:45	
12:00						**Muay Thai (LV2) 泰拳中級班 12:00 - 13:15	**Muay Thai (LV2) 泰拳中級班 12:00 - 13:15
12:30							
13:00						Hot Stretch (1) 高溫伸展 Wing C	Gentle Yoga (1-2) 和緩瑜伽 Queenie Tsang
13:30							
14:00						Funky Dance (1) 放克舞 Yuki* 14:20 - 15:20	Yoga Stretch (1) 伸展瑜伽 Queenie Tsang
14:30							
15:00						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
15:30						Hatha Yoga (1) 哈達瑜伽 Tanny	Jazz (1) 爵士 Moyin
16:00							
16:30						**Muay Thai (LV2) 泰拳中級班 16:30 - 17:45 / Yin Yoga (1) 陰瑜伽 Tanny 16:45 - 17:45	**Muay Thai (LV2) 泰拳中級班 16:30 - 17:45 / Dance Stretch (1) 舞蹈伸展 Moyin 16:45 - 17:45
17:00							
17:30							
18:00						Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Hatha Yoga (1) 哈達瑜伽 Kit 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15
18:30							
19:00							
19:30						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
20:00							
20:30							
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

7 月份課程時間表 (FAC 朗屏旗艦店)
Class Schedule JUL (FAC Flagship Long Ping)



Time/Date	03/07/2017, Mon	04/07/2017, Tue	05/07/2017, Wed	06/07/2017, Thu	07/07/2017, Fri	08/07/2017, Sat	09/07/2017, Sun
07:00							
07:30	Morning Yoga (1) 早晨瑜伽 Tanny						
08:00							
08:30							
09:00	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		
09:30							
10:00		Hot Detox (1-2) 高溫排毒 Pearl					
10:30							
11:00						Muay Thai (LV1) 泰拳初級班	
11:30						Hot Detox (1-2) 高溫排毒 Wing C 11:45 - 12:45	
12:00						Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 12:00 - 13:15
12:30		XT45 12:45 - 13:30		XT45 12:45 - 13:30			
13:00	XT45 13:00 - 13:45 / Hot Stretch (1) 高溫伸展 Pearl		XT45 13:00 - 13:45 / Hot B (1-2) 高溫瑜伽 PW*	Hot Detox (1-2) 高溫排毒 Annie Chui	XT45 13:00 - 13:45 / Power Lunch (1) 午餐瑜伽 Joan Cheung 13:15 - 14:00	Hot Stretch (1) 高溫伸展 Wing C	Gentle Yoga (1-2) 和緩瑜伽 Queenie Tsang
13:30	Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 13:30 - 14:45	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 13:30 - 14:45	Muay Thai (LV1) 泰拳初級班	
14:00			Yoga Stretch (1) 伸展瑜伽 PW* 14:20 - 15:20	Yoga Stretch (1) 伸展瑜伽 Annie Chui 14:20 - 15:20	Pilates Mat Work (1) 墊上彼拉提斯 Joan Cheung 14:20 - 15:20	Funky Dance (1) 放克舞 Desmond 14:20 - 15:20	Yoga Stretch (1) 伸展瑜伽 Queenie Tsang
14:30							
15:00							Muay Thai (LV1) 泰拳初級班
15:30						Hatha Yoga (1) 哈達瑜伽 Tanny	Jazz (1) 爵士 Moyin
16:00							
16:30						**Muay Thai (LV3) 泰拳高級班 16:30 - 18:00 / Yin Yoga (1) 陰瑜伽 Tanny 16:45 - 17:45	**Muay Thai (LV2) 泰拳中級班 16:30 - 17:45 / Dance Stretch (1) 舞蹈伸展 Moyin 16:45 - 17:45
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 (1-2) 高溫排毒 Wing C 18:20 - 19:20	Hatha Yoga (1) 哈達瑜伽 Calvin 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Yin Yoga (1) 陰瑜伽 Wing C 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Hot Stretch (1) 高溫伸展 Joan Cheung 18:20 - 19:20	Yoga Therapy (1) 理療瑜伽 Wing C 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Hatha Yoga (1) 哈達瑜伽 Kit 18:20 - 19:20	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 - 20:30			
19:30	Yoga Therapy (1) 理療瑜伽 Wing C	Yin Yoga (1) 陰瑜伽 Calvin	Belly Dance (1) 肚皮舞 Kit	Hot B (1-2) 高溫瑜伽 Joan Cheung	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga (1) 哈達瑜伽 Kit	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 20:30 - 21:45 / Jazz (1) 爵士 Yuki 20:40 - 21:40	Sexy Dance (1) 性感舞蹈 Xtal 20:40 - 21:40	**Muay Thai (LV2) 泰拳中級班 20:30 - 21:45 / Hatha Yoga (1) 哈達瑜伽 Kit* 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班	Mixed Martial Arts 綜合格鬥 / Yoga Stretch (1) 伸展瑜伽 Kit 20:40 - 21:40		
21:00		Mixed Martial Arts 綜合格鬥					
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

7 月份課程時間表 (FAC 朗屏旗艦店)
Class Schedule JUL (FAC Flagship Long Ping)



Time/Date	10/07/2017, Mon	11/07/2017, Tue	12/07/2017, Wed	13/07/2017, Thu	14/07/2017, Fri	15/07/2017, Sat	16/07/2017, Sun
07:00							
07:30	Morning Yoga (1) 早晨瑜伽 Tanny						
08:00							
08:30							
09:00	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		
09:30							
10:00		Hot Detox (1-2) 高溫排毒 Pearl					
10:30							
11:00						Muay Thai (LV1) 泰拳初級班	
11:30						Hot Detox (1-2) 高溫排毒 Wing C 11:45 - 12:45	
12:00						Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 12:00 - 13:15
12:30		XT45 12:45 - 13:30		XT45 12:45 - 13:30			
13:00	XT45 13:00 - 13:45 / Hot Stretch (1) 高溫伸展 Pearl		XT45 13:00 - 13:45 / Hot B (1-2) 高溫瑜伽 Joan Cheung	Hot Detox (1-2) 高溫排毒 Annie Chui	XT45 13:00 - 13:45 / Power Lunch (1) 午餐瑜伽 Joan Cheung 13:15 - 14:00	Hot Stretch (1) 高溫伸展 Wing C	Gentle Yoga (1-2) 和緩瑜伽 Queenie Tsang
13:30	Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 13:30 - 14:45	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 13:30 - 14:45	Muay Thai (LV1) 泰拳初級班	Muay Thai (Parent-child class) 泰拳親子班
14:00			Pilates Mat Work 墊上彼拉提斯 (1) Joan Cheung 14:20 - 15:20	Yoga Stretch (1) 伸展瑜伽 Annie Chui 14:20 - 15:20	Pilates Mat Work 墊上彼拉提斯 (1) Joan Cheung 14:20 - 15:20	Funky Dance (1) 放克舞 Yuki* 14:20 - 15:20	Yoga Stretch (1) 伸展瑜伽 Queenie Tsang
14:30							
15:00							Muay Thai (LV1) 泰拳初級班
15:30						Hatha Yoga (1) 哈達瑜伽 Tanny	Jazz (1) 爵士 Moyin
16:00							
16:30						**Muay Thai (LV3) 泰拳高級班 16:30 - 18:00 / Yin Yoga (1) 陰瑜伽 Tanny 16:45 - 17:45	**Muay Thai (LV2) 泰拳中級班 16:30 - 17:45 / Dance Stretch (1) 舞蹈伸展 Moyin 16:45 - 17:45
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 (1-2) 高溫排毒 Wing C 18:20 - 19:20	Hatha Yoga (1) 哈達瑜伽 Queenie Tsang* 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Yin Yoga (1) 陰瑜伽 Wing C 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Hot Stretch (1) 高溫伸展 Joan Cheung 18:20 - 19:20	Yoga Therapy (1) 理療瑜伽 Wing C 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Hatha Yoga (1) 哈達瑜伽 Kit 18:20 - 19:20	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 - 20:30			
19:30	Yoga Therapy (1) 理療瑜伽 Wing C	Yin Yoga (1) 陰瑜伽 Queenie Tsang*	Belly Dance (1) 肚皮舞 Kit	Hot B (1-2) 高溫瑜伽 Joan Cheung	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga (1) 哈達瑜伽 Kit	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 20:30 - 21:45 / Jazz (1) 爵士 Yuki 20:40 - 21:40	Sexy Dance (1) 性感舞蹈 Xtal 20:40 - 21:40	**Muay Thai (LV2) 泰拳中級班 20:30 - 21:45 / Hatha Yoga (1) 哈達瑜伽 Kit* 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班	Yoga Stretch (1) 伸展瑜伽 Kit 20:40 - 21:40		
21:00		Mixed Martial Arts 綜合格鬥					
21:30							

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電話：2478 9578

7 月份課程時間表 (FAC 朗屏旗艦店)
Class Schedule JUL (FAC Flagship Long Ping)



Time/Date	17/07/2017, Mon	18/07/2017, Tue	19/07/2017, Wed	20/07/2017, Thu	21/07/2017, Fri	22/07/2017, Sat	23/07/2017, Sun
07:00							
07:30	Morning Yoga (1) 早晨瑜伽 Tanny						
08:00							
08:30							
09:00	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		
09:30							
10:00		Hot Detox (1-2) 高溫排毒 PW*					
10:30							
11:00						Muay Thai (LV1) 泰拳初級班	
11:30						Hot Detox (1-2) 高溫排毒 Wing C 11:45 - 12:45	
12:00						Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 12:00 - 13:15
12:30		XT45 12:45 - 13:30		XT45 12:45 - 13:30			
13:00	XT45 13:00 - 13:45 / Hot Stretch (1) 高溫伸展 Kit*		XT45 13:00 - 13:45 / Hot B (1-2) 高溫瑜伽 Joan Cheung / Muay Thai (Parent-child class) 泰拳親子班	Hot Detox (1-2) 高溫排毒 Annie Chui	XT45 13:00 - 13:45 / Power Lunch (1) 午餐瑜伽 Joan Cheung 13:15 - 14:00	Hot Stretch (1) 高溫伸展 Wing C	Gentle Yoga (1-2) 和緩瑜伽 Queenie Tsang
13:30	Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 13:30 - 14:45	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 13:30 - 14:45	Muay Thai (LV1) 泰拳初級班	Muay Thai (Parent-child class) 泰拳親子班
14:00			Pilates Mat Work 墊上彼拉提斯 (1) Joan Cheung 14:20 - 15:20	Yoga Stretch (1) 伸展瑜伽 Annie Chui 14:20 - 15:20	Pilates Mat Work (1) 墊上彼拉提斯 Joan Cheung 14:20 - 15:20	Funky Dance (1) 放克舞 Yuki* 14:20 - 15:20	Yoga Stretch (1) 伸展瑜伽 Queenie Tsang
14:30							
15:00							Muay Thai (LV1) 泰拳初級班
15:30						Hatha Yoga (1) 哈達瑜伽 Tanny	Jazz (1) 爵士 Moyin
16:00							
16:30						**Muay Thai (LV3) 泰拳高級班 16:30 - 18:00 / Yin Yoga (1) 陰瑜伽 Tanny 16:45 - 17:45	**Muay Thai (LV2) 泰拳中級班 16:30 - 17:45 / Dance Stretch (1) 舞蹈伸展 Moyin 16:45 - 17:45
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 (1-2) 高溫排毒 Wing C 18:20 - 19:20	Hatha Yoga (1) 哈達瑜伽 Calvin 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Yin Yoga (1) 陰瑜伽 Wing C 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Hot Stretch (1) 高溫伸展 Joan Cheung 18:20 - 19:20	Yoga Therapy (1) 理療瑜伽 Wing C 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Hatha Yoga (1) 哈達瑜伽 Kit 18:20 - 19:20	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 - 20:30			
19:30	Yoga Therapy (1) 理療瑜伽 Wing C	Yin Yoga (1) 陰瑜伽 Calvin	Belly Dance (1) 肚皮舞 Kit	Hot B (1-2) 高溫瑜伽 Joan Cheung	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga (1) 哈達瑜伽 Kit	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 20:30 - 21:45 / Jazz (1) 爵士 Yuki 20:40 - 21:40	Sexy Dance (1) 性感舞蹈 Xtal 20:40 - 21:40	**Muay Thai (LV2) 泰拳中級班 20:30 - 21:45 / Hatha Yoga (1) 哈達瑜伽 Kit* 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班	Mixed Martial Arts 綜合格鬥 / Yoga Stretch (1) 伸展瑜伽 Kit 20:40 - 21:40		
21:00		Mixed Martial Arts 綜合格鬥					
21:30							

備註：所有課程上課時間為一小時，(**) 課程除外
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電話：2478 9578

7 月份課程時間表 (FAC 朗屏旗艦店)
Class Schedule JUL (FAC Flagship Long Ping)

Time/Date	24/07/2017, Mon	25/07/2017, Tue	26/07/2017, Wed	27/07/2017, Thu	28/07/2017, Fri	29/07/2017, Sat	30/07/2017, Sun
07:00							
07:30	Morning Yoga (1) 早晨瑜伽 Tanny						
08:00							
08:30							
09:00	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		
09:30							
10:00		Hot Detox (1-2) 高溫排毒 Pearl					
10:30							
11:00						Muay Thai (LV1) 泰拳初級班	
11:30						Hot Detox (1-2) 高溫排毒 Wing C 11:45 - 12:45	
12:00						Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 12:00 - 13:15
12:30		XT45 12:45 - 13:30		XT45 12:45 - 13:30			
13:00	XT45 13:00 - 13:45 / Hot Stretch (1) 高溫伸展 Pearl		XT45 13:00 - 13:45 / Hot B (1-2) 高溫瑜伽 Joan Cheung / Muay Thai (Parent-child class) 泰拳親子班	Hot Detox (1-2) 高溫排毒 Annie Chui	XT45 13:00 - 13:45 / Power Lunch (1) 午餐瑜伽 Joan Cheung 13:15 - 14:00	Hot Stretch (1) 高溫伸展 Wing C	Gentle Yoga (1-2) 和緩瑜伽 Queenie Tsang
13:30	Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 13:30 - 14:45	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 13:30 - 14:45	Muay Thai (LV1) 泰拳初級班	Muay Thai (Parent-child class) 泰拳親子班
14:00			Pilates Mat Work 墊上彼拉提斯 (1) Joan Cheung 14:20 - 15:20	Yoga Stretch (1) 伸展瑜伽 Annie Chui 14:20 - 15:20	Pilates Mat Work 墊上彼拉提斯 (1) Joan Cheung 14:20 - 15:20	Funky Dance (1) 放克舞 Kit* 14:20 - 15:20	Yoga Stretch (1) 伸展瑜伽 Queenie Tsang
14:30							
15:00							Muay Thai (LV1) 泰拳初級班
15:30						Hatha Yoga (1) 哈達瑜伽 Kit*	Jazz (1) 爵士 Moyin
16:00							
16:30						**Muay Thai (LV3) 泰拳高級班 16:30 - 18:00 / Yin Yoga (1) 陰瑜伽 Kit* 16:45 - 17:45	**Muay Thai (LV2) 泰拳中級班 16:30 - 17:45 / Dance Stretch (1) 舞蹈伸展 Moyin 16:45 - 17:45
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 (1-2) 高溫排毒 Wing C 18:20 - 19:20	Hatha Yoga (1) 哈達瑜伽 Calvin 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Yin Yoga (1) 陰瑜伽 Wing C 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Hot Stretch (1) 高溫伸展 Joan Cheung 18:20 - 19:20	Yoga Therapy (1) 理療瑜伽 Wing C 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Hatha Yoga (1) 哈達瑜伽 Kit 18:20 - 19:20	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 - 20:30			
19:30	Yoga Therapy (1) 理療瑜伽 Wing C	Yin Yoga (1) 陰瑜伽 Calvin	Belly Dance (1) 肚皮舞 Kit	Hot B (1-2) 高溫瑜伽 Joan Cheung	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga (1) 哈達瑜伽 Kit	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 20:30 - 21:45 / Jazz (1) 爵士 Yuki 20:40 - 21:40	Sexy Dance (1) 性感舞蹈 Yuki* 20:40 - 21:40	**Muay Thai (LV2) 泰拳中級班 20:30 - 21:45 / Hatha Yoga (1) 哈達瑜伽 Kit* 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班	Mixed Martial Arts 綜合格鬥 / Yoga Stretch (1) 伸展瑜伽 Kit 20:40 - 21:40		
21:00		Mixed Martial Arts 綜合格鬥					
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	31/07/2017, Mon					
07:00						
07:30	Morning Yoga (1) 早晨瑜伽 Pearl*					
08:00						
08:30						
09:00	Muay Thai (LV1) 泰拳初級班					
09:30						
10:00						
10:30						
11:00						
11:30						
12:00						
12:30						
13:00	XT45 13:00 - 13:45 / Hot Stretch (1) 高溫伸展 Pearl					
13:30	Muay Thai (LV1) 泰拳初級班					
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00	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 (1-2) 高溫排毒 Wing C 18:20 - 19:20					
18:30						
19:00	Muay Thai (LV1) 泰拳初級班 19:15 - 20:15					
19:30	Yoga Therapy (1) 理療瑜伽 Wing C					
20:00						
20:30	**Muay Thai (LV2) 泰拳中級班 20:30 - 21:45 / Jazz (1) 爵士 Yuki 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)
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