

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



Time/Date	01/08/2017, Tue	02/08/2017, Wed	03/08/2017, Thu	04/08/2017, Fri	05/08/2017, Sat	06/08/2017, 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 (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	XT - 45 12:45 - 13:30 \$250		XT - 45 12:45 - 13:30 \$250			
13:00		XT - 45 13:00 - 13:45 \$250 / Hot B (1-2) 高溫瑜珈 Joan Cheung / Muay Thai (Parent-child class) 泰拳親子班	Hot Detox (1-2) 高溫排毒 Annie Chui	XT - 45 13:00 - 13:45 \$250 / Power Lunch (1) 午餐瑜珈 Joan Cheung 13:15 - 14:00	Hot Stretch (1) 高溫伸展 Wing C	Gentle Yoga (1-2) 和緩瑜珈 Kimmy*
13:30	**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) 伸展瑜珈 Annie Chui 14:20 - 15:20	Pilates Mat Work 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) 伸展瑜珈 Kimmy*
14:30						Muay Thai (LV1) 泰拳初級班
15:00						Jazz (1) 爵士 Moyin
15:30					Hatha Yoga (1) 哈達瑜珈 Tanny	
16:00						Muay Thai (LV1) 泰拳初級班
16:30					**Muay Thai (LV3) 泰拳高級班 16:30 - 18:00 / Yin Yoga (1) 陰瑜珈 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		
17:30						
18:00	Hatha Yoga (1) 哈達瑜珈 Calvin 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Yin Yoga (1) 陰瑜珈 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) 理療瑜珈 Wing C 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Hatha Yoga (1) 哈達瑜珈 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	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	Yin Yoga (1) 陰瑜珈 Calvin	Belly Dance (1) 肚皮舞 Kit	Hot B (1-2) 高溫瑜珈 Joan Cheung	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga (1) 哈達瑜珈 Kit	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
20:00	Funky Muay Thai 20:00 - 20:45 Fung					
20:30	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) 哈達瑜珈 Kit 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班	Yoga Stretch (1) 伸展瑜珈 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	07/08/2017, Mon	08/08/2017, Tue	09/08/2017, Wed	10/08/2017, Thu	11/08/2017, Fri	12/08/2017, Sat	13/08/2017, Sun
7:00							
7:30	Morning Yoga (1) 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 (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		XT - 45 12:45 - 13:30 \$250		XT - 45 12:45 - 13:30 \$250			
13:00	XT - 45 13:00 - 13:45 \$250 / Hot Stretch (1) 高溫伸展 Pearl		XT - 45 13:00 - 13:45 \$250 / Hot B (1-2) 高溫瑜珈 Joan Cheung / Muay Thai (Parent-child class) 泰拳親子班	Hot Detox (1-2) 高溫排毒 Annie Chui	XT - 45 13:00 - 13:45 \$250 / Power Lunch (1) 午餐瑜珈 Joan Cheung 13:15 - 14:00	Hot Stretch (1) 高溫伸展 Wing C	Gentle Yoga (1-2) 和緩瑜珈 Kimmy*
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) 伸展瑜珈 Annie Chui 14:20 - 15:20	Pilates Mat Work 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) 伸展瑜珈 Kimmy*
14:30							
15:00							Muay Thai (LV1) 泰拳初級班
15:30						Hatha Yoga (1) 哈達瑜珈 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) 陰瑜珈 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) 哈達瑜珈 Calvin 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Yin Yoga (1) 陰瑜珈 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) 理療瑜珈 Wing C 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Hatha Yoga (1) 哈達瑜珈 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) 理療瑜珈 Wing C	Yin Yoga (1) 陰瑜珈 Calvin	Belly Dance (1) 肚皮舞 Kit	Hot B (1-2) 高溫瑜珈 Joan Cheung	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga (1) 哈達瑜珈 Kit	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
20:00		Funky Muay Thai 20:00 - 20:45 Fung					
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) 哈達瑜珈 Kit 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班	Yoga Stretch (1) 伸展瑜珈 Kit 20:40 - 21:40		
21:00		Mixed Martial Arts 綜合格鬥					
21:30							

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電話：2478 9578

Time/Date	14/08/2017, Mon	15/08/2017, Tue	16/08/2017, Wed	17/08/2017, Thu	18/08/2017, Fri	19/08/2017, Sat	20/08/2017, Sun
7:00							
7:30	Morning Yoga (1) 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 (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		XT - 45 12:45 - 13:30 \$250		XT - 45 12:45 - 13:30 \$250			
13:00	XT - 45 13:00 - 13:45 \$250 / Hot Stretch (1) 高溫伸展 Pearl		XT - 45 13:00 - 13:45 \$250 / Hot B (1-2) 高溫瑜珈 Joan Cheung / Muay Thai (Parent-child class) 泰拳親子班	Hot Detox (1-2) 高溫排毒 Annie Chui	XT - 45 13:00 - 13:45 \$250 / Power Lunch (1) 午餐瑜珈 Joan Cheung 13:15 - 14:00	Hot Stretch (1) 高溫伸展 Wing C	Gentle Yoga (1-2) 和緩瑜珈 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) 伸展瑜珈 Annie Chui 14:20 - 15:20	Pilates Mat Work 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) 伸展瑜珈 Queenie Tsang
14:30							
15:00							Muay Thai (LV1) 泰拳初級班
15:30						Hatha Yoga (1) 哈達瑜珈 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) 陰瑜珈 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) 哈達瑜珈 Calvin 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Yin Yoga (1) 陰瑜珈 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) 理療瑜珈 Wing C 18:20 - 19:20	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15 / Hatha Yoga (1) 哈達瑜珈 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) 理療瑜珈 Wing C	Yin Yoga (1) 陰瑜珈 Calvin	Belly Dance (1) 肚皮舞 Kit	Hot B (1-2) 高溫瑜珈 Joan Cheung	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga (1) 哈達瑜珈 Kit	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
20:00		Funky Muay Thai 20:00 - 20:45 Fung					
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) 哈達瑜珈 Kit 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班	Yoga Stretch (1) 伸展瑜珈 Kit 20:40 - 21:40		
21:00		Mixed Martial Arts 綜合格鬥					
21:30							

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電話：2478 9578

Time/Date	21/08/2017, Mon	22/08/2017, Tue	23/08/2017, Wed	24/08/2017, Thu	25/08/2017, Fri	26/08/2017, Sat	27/08/2017, Sun
7:00							
7:30	Morning Yoga (1) 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 (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 PW* 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		XT - 45 12:45 - 13:30 \$250		XT - 45 12:45 - 13:30 \$250			
13:00	XT - 45 13:00 - 13:45 \$250 / Hot Stretch (1) 高溫伸展 Pearl		XT - 45 13:00 - 13:45 \$250 / 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	XT - 45 13:00 - 13:45 \$250 / Power Lunch (1) 午餐瑜伽 Joan Cheung 13:15 - 14:00	Hot Stretch (1) 高溫伸展 PW*	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 Joan Cheung 14:20 - 15:20	Funky Dance (1) 放克舞 Yuki* 14:20 - 15:20	Yoga Stretch (1) 伸展瑜伽 Kimmy*
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 Michelle* 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 PW* 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 20:00 - 20:45 Fung					
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							

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	28/08/2017, Mon	29/08/2017, Tue	30/08/2017, Wed	31/08/2017, Thu		
7:00						
7:30	Morning Yoga (1) 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 (1-2) 高溫排毒 Pearl				
10:30						
11:00						
11:30						
12:00						
12:30		XT - 45 12:45 - 13:30 \$250		XT - 45 12:45 - 13:30 \$250		
13:00	XT - 45 13:00 - 13:45 \$250 / Hot Stretch (1) 高溫伸展 Pearl		XT - 45 13:00 - 13:45 \$250 / 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		
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		
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		
14:30						
15:00						
15:30						
16:00						
16:30						
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		
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		
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 - 20:30		
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		
20:00		Funky Muay Thai 20:00 - 20:45 Fung				
20:30	**Muay Thai (LV2) 泰拳中級班 20:30 - 21:45 / Jazz (1) 爵士 Yuki 20:40 - 21:40	Myofascial Release 肌筋膜放鬆術 Calvin* 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		
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