

泰拳課堂 Muay Thai Class							
Time/Date	1/1/2019,Tue	2/1/2019,Wed	3/1/2019,Thu	4/1/2019,Fri	5/1/2019,Sat	6/1/2019,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							
10:30							
11:00							
11:30					Muay Thai (LV1) 泰拳初級班		
12:00							
12:30	Muay Thai (LV2) 泰拳中級班		**XT45 12:45-13:30 \$ 250/Person			Muay Thai (LV2) 泰拳中級班	
13:00		**XT45 13:00-13:45 \$ 250/Person		**XT45 13:00-13:45 \$ 250/Person			
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		
14:00							
14:30							
15:00	Muay Thai (LV1) 泰拳初級班					Muay Thai (LV1) 泰拳初級班	
15:30							
16:00							
16:30	Muay Thai (LV2) 泰拳中級班				Muay Thai (LV3) 泰拳高級班	Muay Thai (LV2) 泰拳中級班	
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			
17:30							
18:00	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	
18:30							
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	Muay Thai (LV1) 泰拳初級班 19:15-20:15			
19:30	Muay Thai (LV1) 泰拳初級班				Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
20:00							
20:30		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
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 (進階課程需親臨分店繳交課堂費用)
電話：2116 3363

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	1/1/2019,Tue	2/1/2019,Wed	3/1/2019,Thu	4/1/2019,Fri	5/1/2019,Sat	6/1/2019,Sun	
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00	Hot Detox 高溫排毒 Ice						
10:30							
11:00	Arnis 菲律賓魔杖 Eldad 11:15-12:15						Ashtanga Yoga 阿斯湯加瑜伽 Alex Pang
11:30					Hot Detox 高溫排毒 Wing C 11:45-12:45		
12:00							
12:30	Self-Defense 以色列軍用搏擊術 Eldad						Myofascial Release 肌筋膜放鬆術 Alex Pang
13:00			Yin Yoga 陰瑜伽 Joan C	Aerial Basic 初級空中瑜伽 Annie	**Power Lunch 午餐瑜伽 Sindy 13:15-14:00	Hot Stretch 高溫伸展 Wing C	
13:30							
14:00	Self-Defense 以色列軍用搏擊術 Eldad	Pilates Mat Work 墊上彼拉提斯 Joan C 14:15-15:15	Yoga Wheel Basic 初級瑜伽輪 Annie 14:15-15:15	Gentle Yoga 和緩瑜伽 Sindy 14:15-15:15	Yoga Basic 基礎瑜伽 Wing C 14:15-15:15	Yoga Stretch 伸展瑜伽 Candy 14:15-15:15	
14:30							
15:00							
15:30	Arnis 菲律賓魔杖 Eldad 15:45-16:45					Hatha Yoga 哈達瑜伽 Ice	Jazz Funk 爵士放克 Michelle
16:00							
16:30					Yin Yoga 陰瑜伽 Ice 16:45-17:45		Dance Stretch 舞蹈伸展 Michelle 16:45-17:45
17:00	Self-Defense 以色列軍用搏擊術 Eldad						
17:30							
18:00	Aerial Basic 初級空中瑜伽 Isabel Siu 18:15-19:15	Hatha Yoga 哈達瑜伽 Ringo Wong 18:15-19:15	Hot Yoga 高溫瑜伽 Ice 18:15-19:15	Yoga Therapy 理療瑜伽 Wing C 18:15-19:15		Capoeira Garic	
18:30							
19:00							
19:30	Yoga Wheel Basic 初級瑜伽輪 Isabel Siu	Power Yoga 力量瑜伽 Ringo Wong	Yoga Therapy 理療瑜伽 Ice	Yoga Wheel Basic 初級瑜伽輪 Wing C			
20:00							
20:30	Megadanz 熱力勁舞 Carl 20:45-21:45	Aerial Basic 初級空中瑜伽 Ringo Wong 20:45-21:45		Megadanz 熱力勁舞 Carl 20:45-21:45			
21:00			Yoga Stretch 伸展瑜伽 Ice				
21:30							

泰拳課堂 Muay Thai Class							
Time/Date	7/1/2019, Mon	8/1/2019, Tue	9/1/2019, Wed	10/1/2019, Thu	11/1/2019, Fri	12/1/2019, Sat	13/1/2019, 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	Muay Thai (LV1) 泰拳初級班		
9:30							
10:00							
10:30							
11:00							
11:30						Muay Thai (LV1) 泰拳初級班	
12:00							
12:30		**XT45 12:45-13:30 \$ 250/Person		**XT45 12:45-13:30 \$ 250/Person			Muay Thai (LV2) 泰拳中級班
13:00			**XT45 13:00-13:45 \$ 250/Person		**XT45 13:00-13:45 \$ 250/Person		
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 (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	
14:00							
14:30							
15:00							Muay Thai (LV1) 泰拳初級班
15:30							
16:00							
16:30						Muay Thai (LV3) 泰拳高級班	Muay Thai (LV2) 泰拳中級班
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		Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15
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	Muay Thai (LV1) 泰拳初級班 19:15-20:15		
19:30						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		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
21:00		Mixed Martial Arts 綜合格鬥 Fung					
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 (進階課程需親臨分店繳交課堂費用)
電話：2116 3363

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	7/1/2019, Mon	8/1/2019, Tue	9/1/2019, Wed	10/1/2019, Thu	11/1/2019, Fri	12/1/2019, Sat	13/1/2019, Sun
7:00							
7:30	Morning Yoga 早晨瑜伽 Alex Pang						
8:00							
8:30							
9:00	Self-Defense 以色列軍用搏擊術 Eidad						
9:30							
10:00		Hot Detox 高溫排毒 Ice					
10:30	Yoga Stretch 伸展瑜伽 Alex Pang						
11:00		Arnis 菲律賓魔杖 Eidad 11:15-12:15					Ashtanga Yoga 阿斯湯加瑜伽 Alex Pang
11:30	Arnis 菲律賓魔杖 Eidad 11:45-12:45					Hot Detox 高溫排毒 Wing C 11:45-12:45	
12:00							
12:30		Self-Defense 以色列軍用搏擊術 Eidad					Myofascial Release 肌筋膜放鬆術 Alex Pang
13:00	Hatha Yoga 哈達瑜伽 Annie		Yin Yoga 陰瑜伽 Joan C	Aerial Basic 初級空中瑜伽 Annie	**Power Lunch 午餐瑜伽 Sindy 13:15-14:00	Hot Stretch 高溫伸展 Wing C	
13:30							
14:00	Self-Defense 以色列軍用搏擊術 Eidad	Pilates Mat Work 墊上彼拉提斯 Joan C 14:15-15:15	Yoga Wheel Basic 初級瑜伽輪 Annie 14:15-15:15	Gentle Yoga 和緩瑜伽 Sindy 14:15-15:15	Yoga Basic 基礎瑜伽 Wing C 14:15-15:15	Yoga Stretch 伸展瑜伽 Candy 14:15-15:15	
14:30	Aerial Basic 初級空中瑜伽 Annie						
15:00	Self-Defense 以色列軍用搏擊術 Eidad 15:45-16:45	Arnis 菲律賓魔杖 Eidad 15:45-16:45				Hatha Yoga 哈達瑜伽 Ice	Jazz Funk 爵士放克 Michelle
16:00							
16:30						Yin Yoga 陰瑜伽 Ice 16:45-17:45	Dance Stretch 舞蹈伸展 Michelle 16:45-17:45
17:00	Arnis 菲律賓魔杖 Eidad	Self-Defense 以色列軍用搏擊術 Eidad					
17:30							
18:00	Hot Detox 高溫排毒 Wing C 18:15-19:15	Aerial Basic 初級空中瑜伽 Isabel Siu 18:15-19:15		Hot Yoga 高溫瑜伽 Ice 18:15-19:15	Yoga Therapy 理療瑜伽 Wing C 18:15-19:15	Capoeira Garic	
18:30							
19:00							
19:30	Yoga Therapy 理療瑜伽 Wing C	Yoga Wheel Basic 初級瑜伽輪 Isabel Siu	Power Yoga 力量瑜伽 Ringo Wong	Yoga Therapy 理療瑜伽 Ice	Yoga Wheel Basic 初級瑜伽輪 Wing C		
20:00							
20:30	Dancehall 街舞 - 雷鬼 Kit 20:45-21:45	Megadanz 熱力勁舞 Carl 20:45-21:45	Aerial Basic 初級空中瑜伽 Ringo Wong 20:45-21:45		Megadanz 熱力勁舞 Carl 20:45-21:45		
21:00						Yoga Stretch 伸展瑜伽 Ice	
21:30							

泰拳課堂 Muay Thai Class							
Time/Date	14/1/2019, Mon	15/1/2019, Tue	16/1/2019, Wed	17/1/2019, Thu	18/1/2019, Fri	19/1/2019, Sat	20/1/2019, 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	Muay Thai (LV1) 泰拳初級班		
9:30							
10:00							
10:30							
11:00							
11:30						Muay Thai (LV1) 泰拳初級班	
12:00							
12:30		**XT45 12:45-13:30 \$ 250/Person		**XT45 12:45-13:30 \$ 250/Person			Muay Thai (LV2) 泰拳中級班
13:00	**XT45 13:00-13:45 \$ 250/Person		**XT45 13:00-13:45 \$ 250/Person		**XT45 13:00-13:45 \$ 250/Person		
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 (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	
14:00							
14:30							
15:00							Muay Thai (LV1) 泰拳初級班
15:30							
16:00							
16:30						Muay Thai (LV3) 泰拳高級班	Muay Thai (LV2) 泰拳中級班
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		Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15
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	Muay Thai (LV1) 泰拳初級班 19:15-20:15		
19:30						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		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
21:00		Mixed Martial Arts 綜合格鬥 Fung					
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 (進階課程需親臨分店繳交課堂費用)
電話：2116 3363

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	14/1/2019, Mon	15/1/2019, Tue	16/1/2019, Wed	17/1/2019, Thu	18/1/2019, Fri	19/1/2019, Sat	20/1/2019, Sun
7:00							
7:30	Morning Yoga 早晨瑜伽 Alex Pang						
8:00							
8:30							
9:00	Self-Defense 以色列軍用搏擊術 Eidad						
9:30							
10:00		Hot Detox 高溫排毒 Ice					
10:30	Yoga Stretch 伸展瑜伽 Alex Pang						
11:00		Arnis 菲律賓魔杖 Eidad 11:15-12:15					Ashtanga Yoga 阿斯湯加瑜伽 Alex Pang
11:30	Arnis 菲律賓魔杖 Eidad 11:45-12:45					Hot Detox 高溫排毒 Wing C 11:45-12:45	
12:00							
12:30		Self-Defense 以色列軍用搏擊術 Eidad					Myofascial Release 肌筋膜放鬆術 Alex Pang
13:00	Hatha Yoga 哈達瑜伽 Annie		Yin Yoga 陰瑜伽 Joan C	Aerial Basic 初級空中瑜伽 Annie	**Power Lunch 午餐瑜伽 Jo Chan 13:15-14:00	Hot Stretch 高溫伸展 Wing C	
13:30							
14:00	Self-Defense 以色列軍用搏擊術 Eidad		Pilates Mat Work 墊上彼拉提斯 Joan C 14:15-15:15	Yoga Wheel Basic 初級瑜伽輪 Annie 14:15-15:15	Gentle Yoga 和緩瑜伽 Jo Chan 14:15-15:15	Yoga Basic 基礎瑜伽 Wing C 14:15-15:15	Yoga Stretch 伸展瑜伽 Candy 14:15-15:15
14:30	Aerial Basic 初級空中瑜伽 Annie						
15:00							
15:30	Self-Defense 以色列軍用搏擊術 Eidad 15:45-16:45		Arnis 菲律賓魔杖 Eidad 15:45-16:45			Hatha Yoga 哈達瑜伽 Wing C	Jazz Funk 爵士放克 Michelle
16:00							
16:30						Yin Yoga 陰瑜伽 Wing C 16:45-17:45	Dance Stretch 舞蹈伸展 Michelle 16:45-17:45
17:00	Arnis 菲律賓魔杖 Eidad	Self-Defense 以色列軍用搏擊術 Eidad					
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18:30							
19:00							Cardio Funk 帶氣健身舞 Mille 19:15-20:15
19:30	Yoga Therapy 理療瑜伽 Wing C	Yoga Wheel Basic 初級瑜伽輪 Isabel Siu	Power Yoga 力量瑜伽 Ada Lin	Yoga Therapy 理療瑜伽 Ice	Yoga Wheel Basic 初級瑜伽輪 Wing C		
20:00							
20:30	Dancehall 街舞 - 雷鬼 Kit 20:45-21:45	Megadanz 熱力勁舞 Carl 20:45-21:45	Aerial Basic 初級空中瑜伽 Ada Lin 20:45-21:45		Megadanz 熱力勁舞 Carl 20:45-21:45		
21:00					Yoga Stretch 伸展瑜伽 Ice		
21:30							

1月份課程時間表 (FAC 元朗旗艦店)
Class Schedule Jan (FAC Flagship Yuen Long)



泰拳課堂 Muay Thai Class

Time/Date	21/1/2019, Mon	22/1/2019, Tue	23/1/2019, Wed	24/1/2019, Thu	25/1/2019, Fri	26/1/2019, Sat	27/1/2019, 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	Muay Thai (LV1) 泰拳初級班		
9:30							
10:00							
10:30							
11:00							
11:30						Muay Thai (LV1) 泰拳初級班	
12:00							
12:30		**XT45 12:45-13:30 \$ 250/Person		**XT45 12:45-13:30 \$ 250/Person			Muay Thai (LV2) 泰拳中級班
13:00	**XT45 13:00-13:45 \$ 250/Person		**XT45 13:00-13:45 \$ 250/Person		**XT45 13:00-13:45 \$ 250/Person		
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 (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	
14:00							
14:30							
15:00						Muay Thai (LV1) 泰拳初級班	
15:30							
16:00							
16:30						Muay Thai (LV3) 泰拳高級班	Muay Thai (LV2) 泰拳中級班
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	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		Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15
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	Muay Thai (LV1) 泰拳初級班 19:15-20:15		
19:30						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		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
21:00		Mixed Martial Arts 綜合格鬥 Fung					
21:30							

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電話：2116 3363

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	21/1/2019, Mon	22/1/2019, Tue	23/1/2019, Wed	24/1/2019, Thu	25/1/2019, Fri	26/1/2019, Sat	27/1/2019, Sun
7:00							
7:30	Morning Yoga 早晨瑜伽 Alex Pang						
8:00							
8:30							
9:00	Self-Defense 以色列軍用搏擊術 Eldad						
9:30							
10:00		Hot Detox 高溫排毒 Ice					
10:30	Yoga Stretch 伸展瑜伽 Alex Pang						
11:00		Arnis 菲律賓魔杖 Eldad 11:15-12:15					Ashtanga Yoga 阿斯湯加瑜伽 Alex Pang
11:30	Arnis 菲律賓魔杖 Eldad 11:45-12:45					Hot Detox 高溫排毒 Wing C 11:45-12:45	
12:00							
12:30		Self-Defense 以色列軍用搏擊術 Eldad					Myofascial Release 肌筋膜放鬆術 Alex Pang
13:00	Hatha Yoga 哈達瑜伽 Annie		Yin Yoga 陰瑜伽 Joan C	Aerial Basic 初級空中瑜伽 Annie	**Power Lunch 午餐瑜伽 Sindy 13:15-14:00	Hot Stretch 高溫伸展 Wing C	
13:30							
14:00		Self-Defense 以色列軍用搏擊術 Eldad	Pilates Mat Work 墊上彼拉提斯 Joan C 14:15-15:15	Yoga Wheel Basic 初級瑜伽輪 Annie 14:15-15:15	Gentle Yoga 和緩瑜伽 Sindy 14:15-15:15	Yoga Basic 基礎瑜伽 Wing C 14:15-15:15	Yoga Stretch 伸展瑜伽 Candy 14:15-15:15
14:30	Aeria Basic 初級空中瑜伽 Annie						
15:00							
15:30	Self-Defense 以色列軍用搏擊術 Eldad 15:45-16:45	Arnis 菲律賓魔杖 Eldad 15:45-16:45				Hatha Yoga 哈達瑜伽 Ice	Jazz Funk 爵士放克 Michelle
16:00							
16:30						Yin Yoga 陰瑜伽 Ice 16:45-17:45	Dance Stretch 舞蹈伸展 Michelle 16:45-17:45
17:00	Arnis 菲律賓魔杖 Eldad	Self-Defense 以色列軍用搏擊術 Eldad					
17:30							
18:00	Hot Detox 高溫排毒 Wing C 18:15-19:15	Aerial Basic 初級空中瑜伽 Isabel Siu 18:15-19:15	Hatha Yoga 哈達瑜伽 Ringo Wong 18:15-19:15	Hot Yoga 高溫瑜伽 Ice 18:15-19:15	Yoga Therapy 理療瑜伽 Wing C 18:15-19:15	Capoeira Garic	
18:30							
19:00							
19:30	Yoga Therapy 理療瑜伽 Wing C	Yoga Wheel Basic 初級瑜伽輪 Isabel Stu	Power Yoga 力量瑜伽 Ringo Wong	Yoga Therapy 理療瑜伽 Ice	Yoga Wheel Basic 初級瑜伽輪 Wing C		
20:00							
20:30	Dancehall 街舞 - 雷鬼 Kit 20:45-21:45	Megadanz 熱力勁舞 Carl 20:45-21:45	Aerial Basic 初級空中瑜伽 Ringo Wong 20:45-21:45		Megadanz 熱力勁舞 Carl 20:45-21:45		
21:00				Yoga Stretch 伸展瑜伽 Ice			
21:30							

泰拳課堂 Muay Thai Class						
Time/Date	28/1/2019, Mon	29/1/2019, Tue	30/1/2019, Wed	31/1/2019, Thu		
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						
10:30						
11:00						
11:30						
12:00						
12:30		**XT45 12:45-13:30 \$ 250/Person		**XT45 12:45-13:30 \$ 250/Person		
13:00	**XT45 13:00-13:45 \$ 250/Person		**XT45 13:00-13:45 \$ 250/Person			
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		
14:00						
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		Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15		
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						
20:00		**Funky Muay Thai 放克泰拳 Fung 20:00-20:45				
20:30	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班		
21:00		Mixed Martial Arts 綜合格鬥 Fung				
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 (進階課程需親臨分店繳交課堂費用)
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8:00						
8:30						
9:00	Self-Defense 以色列軍用搏擊術 Eldad					
9:30						
10:00		Hot Detox 高溫排毒 Ice				
10:30	Yoga Stretch 伸展瑜伽 Alex Pang					
11:00		Arnis 菲律賓魔杖 Eldad 11:15-12:15				
11:30	Arnis 菲律賓魔杖 Eldad 11:45-12:45					
12:00						
12:30		Self-Defense 以色列軍用搏擊術 Eldad				
13:00	Hatha Yoga 哈達瑜伽 Annie		Yin Yoga 陰瑜伽 Joan C	Aerial Basic 初級空中瑜伽 Annie		
13:30						
14:00		Self-Defense 以色列軍用搏擊術 Eldad	Pilates Mat Work 墊上彼拉提斯 Joan C 14:15-15:15	Yoga Wheel Basic 初級瑜伽輪 Annie 14:15-15:15		
14:30	Aerial Basic 初級空中瑜伽 Annie					
15:00						
15:30	Self-Defense 以色列軍用搏擊術 Eldad 15:45-16:45	Arnis 菲律賓魔杖 Eldad 15:45-16:45				
16:00						
16:30						
17:00	Arnis 菲律賓魔杖 Eldad	Self-Defense 以色列軍用搏擊術 Eldad				
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18:30						
19:00						
19:30	Yoga Therapy 理療瑜伽 Wing C	Yoga Wheel Basic 初級瑜伽輪 Isabel Siu	Power Yoga 力量瑜伽 Ringo Wong	Yoga Therapy 理療瑜伽 Ice		
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20:30	Dancehall 街舞 - 雷鬼 Kit 20:45-21:45	Megadanz 熱力勁舞 Carl 20:45-21:45	Aerial Basic 初級空中瑜伽 Ringo Wong 20:45-21:45			
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21:30						