

01/10/2017, Sun

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搬遷期間  
暫停開放  
Temporary  
Closure  
during  
relocation  
period

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	02/10/2017, Mon	03/10/2017, Tue	04/10/2017, Wed	05/10/2017, Thu	06/10/2017, Fri	07/10/2017, Sat	08/10/2017, Sun
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搬遷期間  
 暫停開放  
**Temporary Closure**  
**during relocation period**

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

10月份課程時間表 (FAC 元朗旗艦店)  
Class Schedule Oct (FAC Yuen Long Flagship )



Time/Date	09/10/2017, Mon	10/10/2017, Tue	11/10/2017, Wed	12/10/2017, Thu	13/10/2017, Fri	14/10/2017, Sat	15/10/2017, 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							
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
12:30		**XT45 12:45-13:30 \$250		**XT45 12:45-13:30 \$250			
13:00			**XT45 13:00-13:45 \$250 / Hot B (1-2) 高溫瑜伽 Joan Cheung	Aerial Basic (1) 初級空中瑜伽 Annie Chui	**XT45 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 Wing C	Gentle Yoga (1-2) 和緩瑜伽 Queenie Tsang
13:30		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	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 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	Jazz Funky (1) 爵士放克 Michelle * 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 Kimmy *	Jazz (1) 爵士 Moyin
16:00							
16:30						Muay Thai (LV3) 泰拳高級班 / Yin Yoga (1) 陰瑜伽 Kimmy * 16:45-17:45	Muay Thai (LV2) 泰拳中級班 / 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		Yin Yoga (1) 陰瑜伽 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 B (1-2) 高溫瑜伽 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	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 (LV2) 泰拳中級班 19:15-20:15	Muay Thai (LV2) 泰拳中級班 19:15-20:15			
19:30		Hatha Yoga (1) 哈達瑜伽 Calvin	Belly Dance (1) 肚皮舞 Kit	Hot Stretch (1) 高溫伸展 Joan Cheung		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
20:00		Funky Muay Thai Fung 20:00-20:45			Muay Thai (LV1) 泰拳初級班		
20:30		Sexy Dance (1) 性感舞蹈 Xtal	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	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 Fung		Aerial Basic (1) 初級空中瑜伽 Isabella			
21:30							

搬遷期間  
暫停開放  
Temporary  
Closure  
during  
relocation  
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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

10月份課程時間表 (FAC 元朗旗艦店)  
Class Schedule Oct (FAC Yuen Long Flagship )



Time/Date	16/10/2017, Mon	17/10/2017, Tue	18/10/2017, Wed	19/10/2017, Thu	20/10/2017, Fri	21/10/2017, Sat	22/10/2017, 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 Michelle 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		**XT45 12:45-13:30 \$250			
13:00	**XT45 13:00-13:45 \$250 / Hot Stretch (1) 高溫伸展 Pearl		**XT45 13:00-13:45 \$250 / Hot B (1-2) 高溫瑜伽 Joan Cheung	Aerial Basic (1) 初級空中瑜伽 Melody	**XT45 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 Michelle	Gentle Yoga (1-2) 和緩瑜伽 Kimmy
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 Stretch (1) 伸展瑜伽 Melody 14:20-15:20	Pilates Mat Work 墊上彼拉提斯 Joan Cheung 14:20-15:20	Jazz Funky (1) 爵士放克 Michelle * 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 / Yin Yoga (1) 陰瑜伽 Tanny 16:45-17:45	Muay Thai (LV2) 泰拳中級班 / 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	Aerial Basic (1) 初級空中瑜伽 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 B (1-2) 高溫瑜伽 Joan Cheung 18:20-19:20	Yin Yoga (1) 陰瑜伽 Michelle * 18:20-19:20	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					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 (LV2) 泰拳中級班 19:15-20:15	Muay Thai (LV2) 泰拳中級班 19:15-20:15			
19:30	Yoga Therapy (1) 理療瑜伽 Wing C	Hatha Yoga (1) 哈達瑜伽 Calvin	Belly Dance (1) 肚皮舞 Kit	Hot Stretch (1) 高溫伸展 Joan Cheung		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
20:00		Funky Muay Thai Fung 20:00-20:45			Muay Thai (LV1) 泰拳初級班		
20:30	Muay Thai (LV2) 泰拳中級班 / 20:30-21:30 Jazz (1) 爵士 Yuki 20:40-21:40	Sexy Dance (1) 性感舞蹈 Xtal	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 20:30-21:30 / Yoga Stretch (1) 伸展瑜伽 Kit 20:40-21:40		
21:00		Mixed Martial Arts 綜合格鬥 Fung		Aerial Basic (1) 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

10月份課程時間表 (FAC 元朗旗艦店)  
Class Schedule Oct (FAC Yuen Long Flagship )



Time/Date	23/10/2017, Mon	24/10/2017, Tue	25/10/2017, Wed	26/10/2017, Thu	27/10/2017, Fri	28/10/2017, Sat	29/10/2017, 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							
11:30						Hot Detox (1-2) 高溫排毒 PW 11:45-12:45	
12:00						Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班
12:30		**XT45 12:45-13:30 \$250		**XT45 12:45-13:30 \$250			
13:00	**XT45 13:00-13:45 \$250 / Hot Stretch (1) 高溫伸展 Pearl		**XT45 13:00-13:45 \$250 / Hot B (1-2) 高溫瑜伽 Joan Cheung	Aerial Basic (1) 初級空中瑜伽 Annie Chui	**XT45 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	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班		
14:00			Pilates Mat Work 墊上彼拉提斯 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	Yoga Stretch (1) 伸展瑜伽 Tanny 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 (LV3) 泰拳中級班 / Yin Yoga (1) 陰瑜伽 Tanny 16:45-17:45	Muay Thai (LV2) 泰拳中級班 / 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	Aerial Basic (1) 初級空中瑜伽 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 B (1-2) 高溫瑜伽 Joan Cheung 18:20-19:20		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					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 (LV2) 泰拳中級班 19:15-20:15	Muay Thai (LV2) 泰拳中級班 19:15-20:15			
19:30	Yoga Therapy (1) 理療瑜伽 Wing C	Hatha Yoga (1) 哈達瑜伽 Calvin	Belly Dance (1) 肚皮舞 Kit	Hot Stretch (1) 高溫伸展 Joan Cheung		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
20:00		Funky Muay Thai Fung 20:00-20:45			Muay Thai (LV1) 泰拳初級班		
20:30	Muay Thai (LV2) 泰拳中級班 20:30-21:30 / Jazz (1) 爵士 Korea Kaka 20:40-21:40	Sexy Dance (1) 性感舞蹈 Xtal	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 20:30-21:30 Yoga Stretch (1) 伸展瑜伽 Kit 20:40-21:40		
21:00		Mixed Martial Arts 綜合格鬥 Fung		Aerial Basic (1) 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	30/10/2017, Mon	31/10/2017, Tue				
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				
9:30						
10:00		Hot Detox (1-2) 高溫排毒 Pearl				
10:30						
11:00						
11:30						
12:00						
12:30		**XT45 12:45-13:30 \$250				
13:00	**XT45 13:00-13:45 \$250 / Hot Stretch (1) 高溫伸展 Pearl					
13:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班				
14:00						
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16:30						
17:00	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	Aerial Basic (1) 初級空中瑜伽 Calvin 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				
19:30	Yoga Therapy (1) 理療瑜伽 Wing C	Hatha Yoga (1) 哈達瑜伽 Calvin				
20:00		Funky Muay Thai Fung 20:00-20:45				
20:30	Muay Thai (LV2) 泰拳中級班 20:30:21:30 / Jazz (1) 爵士 Korea Kaka 20:40-21:40	Yin Yoga (1) 陰瑜伽 Calvin				
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 (\*\*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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