

泰拳課堂 Muay Thai Class							
Time/Date			1/11/2018,Thu	2/11/2018,Fri	3/11/2018,Sat	4/11/2018,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			
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			Muay Thai (LV2) 泰拳中級班	
13:00				**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						Muay Thai (LV1) 泰拳初級班/	
15:00							
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			
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	
18:30							
19:00			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							
20:30			Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
21:00							
21:30							

瑜伽及舞蹈課堂 Dance and Yoga Class							
Time/Date			1/11/2018,Thu	2/11/2018,Fri	3/11/2018,Sat	4/11/2018,Sun	
7:00							
7:30							
8:00			Metro Yoga Yoga Moves Murali				
8:30							
9:00							
9:30							
10:00							
10:30					Metro Yoga Yoga Moves Murali		
11:00			Metro Yoga Inversion & Arm Balance Murali	Metro Yoga Yoga Moves Murali		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				Metro Yoga Inversion & Arm Balance Murali			
12:30						Gentle Yoga 和緩瑜伽 Alex Pang	
13:00			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			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							
15:00							
15:30				Metro Yoga Back Bending Murali	Hatha Yoga 哈達瑜伽 Ice	Jazz Funk 爵士放克 Michelle	
16:00			Metro Yoga Back Bending Murali				
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							
17:30							
18:00			Hot Yoga 高溫瑜伽 Alex Pang 18:15-19:15	Yoga Therapy 理疗瑜伽 Wing C 18:15-19:15	Capoeira Garic		
18:30							
19:00							
19:30				Yoga Wheel Basic 初級瑜伽輪 Wing C			
20:00							
20:30				Megadanz 熱力勁舞 Carl 20:45-21:45			
21:00			Yoga Stretch 伸展瑜伽 Alex Pang				
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課堂需親臨分店繳交課堂費用)
電話：2478 9578

泰拳課堂 Muay Thai Class

Time/Date	5/11/2018, Mon	6/11/2018, Tue	7/11/2018, Wed	8/11/2018, Thu	9/11/2018, Fri	10/11/2018, Sat	11/11/2018, 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	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 (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							

瑜伽及舞蹈課堂 Dance and Yoga Class

Time/Date	5/11/2018, Mon	6/11/2018, Tue	7/11/2018, Wed	8/11/2018, Thu	9/11/2018, Fri	10/11/2018, Sat	11/11/2018, Sun
7:00							
7:30	Morning Yoga 早晨瑜伽 Alex Pang						
8:00							
8:30							
9:00							
9:30							
10:00		Hot Detox 高溫排毒 Ice					
10:30	Yoga Stretch 伸展瑜伽 Alex Pang						
11:00					Metro Yoga Yoga Moves Murali		Ashtanga Yoga 阿斯湯加瑜伽 Alex Pang
11:30						Metro Yoga Yoga Moves Murali 11:45-12:45	
12:00					Metro Yoga Inversion & Arm Balance Murali		
12:30							Gentle Yoga 和緩瑜伽 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	Metro Yoga Inversion & Arm Balance Murali	
13:30							
14:00			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	Metro Dance Hip Hop Yola 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	Metro Yoga Yoga Moves Murali 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							
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 JS Lee 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	Hatha Yoga 哈達瑜伽 JS Lee	Yoga Wheel Basic 初級瑜伽輪 Wing C		
20:00							
20:30	Metro Yoga Inversion & Arm Balance Murali 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 JS Lee	
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課堂需親臨分店繳交課堂費用)
電話：2478 9578

泰拳課堂 Muay Thai Class							
Time/Date	12/11/2018, Mon	13/11/2018, Tue	14/11/2018, Wed	15/11/2018, Thu	16/11/2018, Fri	17/11/2018, Sat	18/11/2018, 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	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 (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 (XT45課堂需親臨分店繳交課堂費用)
電話：2478 9578

瑜伽及舞蹈課堂 Dance and Yoga Class							
Time/Date	12/11/2018, Mon	13/11/2018, Tue	14/11/2018, Wed	15/11/2018, Thu	16/11/2018, Fri	17/11/2018, Sat	18/11/2018, Sun
7:00							
7:30	Morning Yoga 早晨瑜伽 Alex Pang						
8:00							
8:30							
9:00							
9:30							Metro Yoga Yoga Moves Murali
10:00							
10:30	Yoga Stretch 伸展瑜伽 Alex Pang		Hot Detox 高溫排毒 Ice				
11:00							Metro Yoga Inversion & Arm Balance Murali
11:30						Hot Detox 高溫排毒 Wing C 11:45-12:45	
12:00							
12:30							Gentle Yoga 和緩瑜伽 Murali
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		Metro Yoga Yoga Moves Murali	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	Metro Dance Jazz Funk 14:15-15:15
14:30	Aerial Basic 初級空中瑜伽 Annie						
15:00		Metro Yoga Inversion & Arm Balance Murali					
15:30						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		Yoga Wheel Basic 初級瑜伽輪 Isabel Siu	Metro Yoga Yoga Move Murali				
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	Metro Yoga Inversion & Arm Balance Murali 18:15-19:15	Hot Yoga 高溫瑜伽 JS Lee 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	Metro Yoga Back Bending Murali	Power Yoga 力量瑜伽 Ringo Wong	Hatha Yoga 哈達瑜伽 JS Lee	Yoga Wheel Basic 初級瑜伽輪 Wing C		
20:00							
20:30	Megadanz 熱力勁舞 Carl 20:45-21:45	Metro Dance Hip Hop Yola 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 JS Lee		
21:30							

泰拳課堂 Muay Thai Class

Time/Date	19/11/2018, Mon	20/11/2018, Tue	21/11/2018, Wed	22/11/2018, Thu	23/11/2018, Fri	24/11/2018, Sat	25/11/2018, 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	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 (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							

瑜伽及舞蹈課堂 Dance and Yoga Class

Time/Date	19/11/2018, Mon	20/11/2018, Tue	21/11/2018, Wed	22/11/2018, Thu	23/11/2018, Fri	24/11/2018, Sat	25/11/2018, Sun
7:00							
7:30	Morning Yoga 早晨瑜伽 Alex Pang						
8:00					Metro Yoga Yoga Moves Murali		
8:30							
9:00							
9:30							
10:00		Hot Detox 高溫排毒 Ice					
10:30	Yoga Stretch 伸展瑜伽 Alex Pang						
11:00					Metro Yoga Inversion & Arm Balance Murali		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							Gentle Yoga 和緩瑜伽 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	Metro Yoga Back Bending Murali	Hot Stretch 高溫伸展 Wing C	
13:30							
14:00		Metro Yoga Inversion & Arm Balance Murali	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	Aeria Basic 初級空中瑜伽 Annie						
15:00		Metro Yoga Back Bending Murali					
15:30						Hatha Yoga 哈達瑜伽 Ice	Metro Dance Hip Hop Yola
16:00							
16:30						Yin Yoga 陰瑜伽 Ice 16:45-17:45	Metro Yoga Yoga Moves Murali 16:45-17:45
17:00							
17:30		Yoga Wheel Basic 初級瑜伽輪 Isabel Siu					
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 JS Lee 18:15-19:15	Yoga Therapy 理療瑜伽 Wing C 18:15-19:15	Capoeira Garic	Metro Yoga Inversion & Arm Balance Murali
18:30							
19:00							Metro Yoga Back Bending Murali 19:15-20:15
19:30	Yoga Therapy 理療瑜伽 Wing C	Metro Yoga Yoga Moves Murali	Power Yoga 力豐瑜伽 Ringo Wong	Hatha Yoga 哈達瑜伽 JS Lee	Yoga Wheel Basic 初級瑜伽輪 Wing C		
20:00							
20:30	Megadanz 熱力勁舞 Carl 20:45-21:45	Metro Dance Jazz Funk Yola 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 JS Lee		
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課堂需親臨分店繳交課堂費用)
電話：2478 9578

泰拳課堂 Muay Thai Class

Time/Date	26/11/2018, Mon	27/11/2018, Tue	28/11/2018, Wed	29/11/2018, Thu	30/11/2018, Fri
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					
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		**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 (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
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	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
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					
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 (XT45課堂需親臨分店繳交課堂費用)
電話：2478 9578

瑜伽及舞蹈課堂 Dance and Yoga Class

Time/Date	26/11/2018, Mon	27/11/2018, Tue	28/11/2018, Wed	29/11/2018, Thu	30/11/2018, Fri
7:00					
7:30	Morning Yoga 早晨瑜伽 Alex Pang				
8:00					
8:30					
9:00					
9:30					
10:00		Hot Detox 高溫排毒 Ice			
10:30	Yoga Stretch 伸展瑜伽 Alex Pang				
11:00					
11:30					
12:00					
12:30					
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
13:30					
14:00			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
14:30	Aeria Basic 初級空中瑜伽 Annie				
15:00					
15:30					Metro Yoga Yoga Moves Murali
16:00	Metro Yoga Back Bending Murali				
16:30					
17:00					
17:30					
18:00	Metro Yoga Inversion & Arm Balance Murali 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 JS Lee 18:15-19:15	Metro Yoga Back & Bending Murali 18:15-19:15
18:30					
19:00					
19:30	Metro Yoga Yoga Moves Murali	Yoga Wheel Basic 初級瑜伽輪 Isabel Siu	Power Yoga 力量瑜伽 Ringo Wong	Hatha Yoga 哈達瑜伽 JS Lee	Metro Yoga Inversion & Arm Balance Murali 18:15-19:15
20:00					
20:30	Megadanz 熱力勁舞 Carl 20:45-21:45	Metro Dance Girls Hip Hop Yola 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 JS Lee	
21:30					