

12月份課程時間表 (FAC 元朗旗艦店)  
Class Schedule Dec (FAC Flagship Yuen Long)



Time/Date					01/12/2017, Fri	02/12/2017, Sat	03/12/2017, Sun
7:00							
7:30							
8:00							
8:30							
9:00					Muay Thai (LV1) 泰拳初級班		
9:30							
10:00							
10:30							
11:00					Self-defense 以色列軍用搏擊術 Eldad	Muay Thai (LV1) 泰拳初級班	
11:30						Hot Detox (1-2) 高溫排毒 Calvin 11:45-12:45	
12:00					Arnis 菲律賓魔杖 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
12:30							
13:00					XT45 13:00-13:45 \$ 250/Session / **Power Lunch (1) 午餐瑜伽 Michelle 13:15-14:00	Hot Stretch (1) 高溫伸展 Calvin	Gentle Yoga (1-2) 和緩瑜伽 Tanny
13:30					Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	
14:00					Yoga Stretch (1) 伸展瑜伽 Michelle 14:20-15:20	Funky Dance (1) 放克舞 Yuki 14:20-15:20	Yoga Stretch (1) 伸展瑜伽 Tanny
14:30							
15:00							Muay Thai (LV1) 泰拳初級班
15:30						Hatha Yoga (1) 哈達瑜伽 Tanny	Jazz Funk (1) 爵士放克 Michelle
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 Michelle 16:45-17:45
17:00					Muay Thai (LV1) 泰拳初級班		
17:30						Capoeira Garic 17:45-18:45	
18:00					Yoga Therapy (1) 理療瑜伽 PW 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							
19:30					Muay Thai (LV1) 泰拳初級班 / Yoga Wheel Basic 初級瑜伽輪 PW	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 / Yoga Stretch (1) 伸展瑜伽 Kit 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)  
電話：2478 9578

12月份課程時間表 (FAC 元朗旗艦店)  
Class Schedule Dec (FAC Flagship Yuen Long)



Time/Date	04/12/2017, Mon	05/12/2017, Tue	06/12/2017, Wed	07/12/2017, Thu	08/12/2017, Fri	09/12/2017, Sat	10/12/2017, 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					Self-defense 以色列軍用搏擊術 Eldad	Muay Thai (LV1) 泰拳初級班	
11:30						Hot Detox (1-2) 高溫排毒 Calvin 11:45-12:45	
12:00					Arnis 菲律賓魔杖 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
12:30		XT45 12:45-13:30 \$ 250/Session		XT45 12:45-13:30 \$ 250/Session			
13:00	XT45 13:00-13:45 \$ 250/Session / Hot Stretch (1) 高溫伸展 Pearl	Self-defense 以色列軍用搏擊術 Eldad	XT45 13:00-13:45 \$ 250/Session / Hot B (1-2) 高溫瑜珈 Joan Cheung	Aerial Basic (1) 初級空中瑜珈 Annie Chui	XT45 13:00-13:45 \$ 250/Session / **Power Lunch (1) 午餐瑜珈 Ada 13:15-14:00	Hot Stretch (1) 高溫伸展 Calvin	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	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 (1) Joan Cheung 14:20-15:20	Yoga Wheel Basic 初級瑜珈輪 Annie Chui 14:20-15:20	Yoga Stretch (1) 伸展瑜珈 Ada 14:20-15:20	Funky Dance (1) 放克舞 Desmond 14:20-15:20	Yoga Stretch (1) 伸展瑜珈 Queenie Tsang
14:30		Arnis 菲律賓魔杖 Eldad					
15:00	Tai Chi 太極 Mark						Muay Thai (LV1) 泰拳初級班
15:30						Hatha Yoga (1) 哈達瑜珈 Tanny	Jazz Funk (1) 爵士放克 Michelle
16:00							
16:30						Muay Thai (LV3) 泰拳高級班 / Yin Yoga (1) 陰瑜珈 Tanny 16:45-17:45	Muay Thai (LV2) 泰拳中級班 / Dance Stretch (1) 舞蹈伸展 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						Capoeira Garic 17:45-18:45	
18:00	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hot Detox (1-2) 高溫排毒 Tanny 18:20-19:20	Yin Yoga (1) 陰瑜珈 Cherie 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 / Hot B (1-2) 高溫瑜珈 Joan Cheung 18:20-19:20	Yoga Therapy (1) 理療瑜珈 PW 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 19:15-20:15	Muay Thai (LV2) 泰拳中級班 19:15-20:15			
19:30	Yoga Therapy (1) 理療瑜珈 Tanny	Yoga Wheel Basic 初級瑜珈輪 Cherie	Belly Dance (1) 肚皮舞 Kit	Hot Stretch (1) 高溫伸展 Joan Cheung	Muay Thai (LV1) 泰拳初級班 Yoga Wheel Basic 初級瑜珈輪 PW	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 / 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 / Yoga Stretch (1) 伸展瑜珈 Alex P	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 / Yoga Stretch (1) 伸展瑜珈 Kit		
21:00		Mixed Martial Arts 綜合格鬥 Fung		Aerial Basic (1) 初級空中瑜珈 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

12月份課程時間表 (FAC 元朗旗艦店)  
Class Schedule Dec (FAC Flagship Yuen Long)



Time/Date	11/12/2017, Mon	12/12/2017, Tue	13/12/2017, Wed	14/12/2017, Thu	15/12/2017, Fri	16/12/2017, Sat	17/12/2017, 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 PW					
10:30							
11:00					Self-defense 以色列軍用搏擊術 Eldad	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					Arnis 菲律賓魔杖 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
12:30		XT45 12:45-13:30 \$ 250/Session		XT45 12:45-13:30 \$ 250/Session			
13:00	XT45 13:00-13:45 \$ 250/Session / Hot Stretch (1) 高溫伸展 Pearl	Self-defense 以色列軍用搏擊術 Eldad	XT45 13:00-13:45 \$ 250/Session / 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/Session / **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 Wing C
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 Joan Cheung 14:20-15:20	Yoga Wheel Basic 初級瑜伽輪 Annie Chui 14:20-15:20	Pilates Mat Work 墊上彼拉提 Joan Cheung 14:20-15:20	Power Yoga (2) 力量瑜伽 Tanny	Yoga Stretch (1) 伸展瑜伽 Wing C
14:30		Arnis 菲律賓魔杖 Eldad					
15:00	Tai Chi 太極 Mark						Muay Thai (LV1) 泰拳初級班
15:30						Hatha Yoga (1) 哈達瑜伽 Tanny	Belly Dance (1) 肚皮舞 Stella
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 Stella 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						Capoeira Garic 17:45-18:45	
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 / Hatha Yoga (1) 哈達瑜伽 Kit 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 19:15-20:15		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	Yoga Therapy (1) 理療瑜伽 Wing C	Yoga Wheel Basic 初級瑜伽輪 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 Yoga Wheel Basic 初級瑜伽輪 Wing C	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 / 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 / Yoga Stretch (1) 伸展瑜伽 Alex P 20:40-21:40	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							

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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	18/12/2017, Mon	19/12/2017, Tue	20/12/2017, Wed	21/12/2017, Thu	22/12/2017, Fri	23/12/2017, Sat	24/12/2017, 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					Self-defense 以色列軍用搏擊術 Eldad	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					Arnis 菲律賓魔杖 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
12:30		XT45 12:45-13:30 \$ 250/Session		XT45 12:45-13:30 \$ 250/Session			
13:00	XT45 13:00-13:45 \$ 250/Session / Hot Stretch (1) 高溫伸展 Pearl	Self-defense 以色列軍用搏擊術 Eldad	XT45 13:00-13:45 \$ 250/Session / 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/Session / **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	Muay Thai (LV1) 泰拳初級班	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 Joan Cheung 14:20-15:20	Yoga Wheel Basic 初級瑜伽輪 Melody 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) 伸展瑜伽 Queenie Tsang
14:30		Arnis 菲律賓魔杖 Eldad					
15:00	Tai Chi 太極 Mark						Muay Thai (LV1) 泰拳初級班
15:30						Hatha Yoga (1) 哈達瑜伽 Tanny	Jazz Funk (1) 爵士放克 Michelle
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 Michelle 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						Capoeira Garic 17:45-18:45	
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 / Hatha Yoga (1) 哈達瑜伽 Kit 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							
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15		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	Yoga Therapy (1) 理療瑜伽 Wing C	Yoga Wheel Basic 初級瑜伽輪 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							
20:30	Muay Thai (LV2) 泰拳中級班 / Jazz (1) 爵士 Yuki 20:40-21:40	Hatha Yoga (1) 哈達瑜伽 Calvin 20:40-21:40	Muay Thai (LV2) 泰拳中級班 / Yoga Stretch (1) 伸展瑜伽 Alex P 20:40-21:40	Muay Thai (LV1) 泰拳初級班			
21:00				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	25/12/2017, Mon	26/12/2017, Tue	27/12/2017, Wed	28/12/2017, Thu	29/12/2017, Fri	30/12/2017, Sat	31/12/2017, 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		
9:30							
10:00		Hot Detox (1-2) 高溫排毒 Kimmy					
10:30							
11:00		Yoga Stretch (1) 伸展瑜伽 Kimmy 11:10-12:10			Self-defense 以色列軍用搏擊術 Eldad	Muay Thai (LV1) 泰拳初級班	
11:30						Hot Detox (1-2) 高溫伸展 Michelle 11:45-12:45	
12:00	Muay Thai (LV2) 泰拳中級班 / Arnis 菲律賓魔杖 Eldad	Muay Thai (LV2) 泰拳中級班			Arnis 菲律賓魔杖 Eldad	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
12:30				XT45 12:45-13:30 \$ 250/Session			
13:00	Self-defense 以色列軍用搏擊術 Eldad		XT45 13:00-13:45 \$ 250/Session / Hot B (1-2) 高溫瑜伽 Michelle	Aerial Basic (1) 初級空中瑜伽 Melody	XT45 13:00-13:45 \$ 250/Session / **Power Lunch (1) 午餐瑜伽 Michelle 13:15-14:00	Hot Stretch (1) 高溫伸展 Michelle	Gentle Yoga (1-2) 和緩瑜伽 Queenie Tsang
13:30			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		Aerial Basic (1) 初級空中瑜伽 Daphne 14:20-15:20	Yoga Stretch (1) 伸展瑜伽 Michelle 14:20-15:20	Yoga Wheel Basic 初級瑜伽輪 Melody 14:20-15:20	Yoga Stretch (1) 伸展瑜伽 Michelle 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 / Arnis 菲律賓魔杖 Eldad	Muay Thai (LV1) 泰拳初級班					Muay Thai (LV1) 泰拳初級班
15:30		Yoga Wheel Basic 初級瑜伽輪 Daphne				Hatha Yoga (1) 哈達瑜伽 Tanny	Jazz Funk (1) 爵士放克 Michelle
16:00	Self-defense 以色列軍用搏擊術 Eldad						
16:30	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班				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 Micelle 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		
17:30						Capoeira Garic 17:45-18:45	
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 / Hatha Yoga (1) 哈達瑜伽 Kit 18:20-19:20	Muay Thai (LV1) 泰拳初級班 18:15-19:15 / Hot B (1-2) 高溫瑜伽 Cherie 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	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 (LV2) 泰拳中級班 19:15-20:15			
19:30	Muay Thai (LV1) 泰拳初級班		Belly Dance (1) 肚皮舞 Kit	Hot Stretch (1) 高溫伸展 Cherie	Muay Thai (LV1) 泰拳初級班 / Yoga Wheel Basic 初級瑜伽輪 PW	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 / Yoga Stretch (1) 伸展瑜伽 Alex P	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 / Yoga Stretch (1) 伸展瑜伽 Kit		
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