

2月份課程時間表 (FAC 元朗旗艦店)
Class Schedule Feb (FAC Flagship Yuen Long)



泰拳課堂 Muay Thai Class							
Time/Date				1/2/2019,Fri	2/2/2019,Sat	3/2/2019,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							
11:30					Muay Thai (LV1) 泰拳初級班		
12:00							
12:30						Muay Thai (LV2) 泰拳中級班	
13:00				**XT45 13:00-13:45 \$ 250/Person			
13:30				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			
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			
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			
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date					1/2/2019,Fri	2/2/2019,Sat	3/2/2019,Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							Ashtanga Yoga 阿斯湯加瑜伽 Alex Pang
11:30						Hot Detox 高溫排毒 Joan C 11:45-12:45	
12:00							
12:30							Myofascial Release 肌筋膜放鬆術 Alex Pang
13:00					**Power Lunch 午餐瑜伽 Sindy 13:15-14:00	Hot Stretch 高溫伸展 Joan C	
13:30							
14:00					Gentle Yoga 和緩瑜伽 Sindy 14:15-15:15	Yoga Basic 基礎瑜伽 Joan C 14:15-15:15	Yoga Stretch 伸展瑜伽 Candy 14:15-15:15
14:30							
15:00							
15:30						Hatha Yoga 哈達瑜伽 Ice	Jazz Funk 爵士放克 Millie
16:00							
16:30						Yin Yoga 陰瑜伽 Ice 16:45-17:45	Dance Stretch 舞蹈伸展 Millie 16:45-17:45
17:00							
17:30							
18:00					Yoga Therapy 理療瑜伽 Alex Pang 18:15-19:15	Capoeira Garic	
18:30							
19:00							
19:30					Yoga Wheel Basic 初級瑜伽輪 Alex Pang		
20:00							
20:30					Megadanz 熱力勁舞 Carl 20:45-21:45		
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 (進階課堂需親臨分店繳交課堂費用)
電話：2116 3363

2月份課程時間表 (FAC 元朗旗艦店)
Class Schedule Feb (FAC Flagship Yuen Long)



泰拳課堂 Muay Thai Class							
Time/Date	4/2/2019, Mon	5/2/2019, Tue	6/2/2019, Wed	7/2/2019, Thu	8/2/2019, Fri	9/2/2019, Sat	10/2/2019, 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							
11:30						Muay Thai (LV1) 泰拳初級班	
12:00							
12:30				Muay Thai (LV2) 泰拳中級班			Muay Thai (LV2) 泰拳中級班
13:00	**XT45 113:00-13:45 \$ 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		
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			
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 (LV1) 泰拳初級班		
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	4/2/2019, Mon	5/2/2019, Tue	6/2/2019, Wed	7/2/2019, Thu	8/2/2019, Fri	9/2/2019, Sat	10/2/2019, Sun
7:00							
7:30	Morning Yoga 早晨瑜伽 Alex Pang						
8:00							
8:30							
9:00							
9:30							
10:00							
10:30	Yoga Stretch 伸展瑜伽 Alex Pang						
11:00							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 Joan C 11:45-12:45	
12:00							
12:30							Myofascial Release 肌筋膜放鬆術 Alex Pang
13:00	Hatha Yoga 哈達瑜伽 Ringo Wong				**Power Lunch 午餐瑜伽 Alex Pang 13:15-14:00	Hot Stretch 高溫伸展 Joan C	
13:30							
14:00					Gentle Yoga 和緩瑜伽 Alex Pang 14:15-15:15	Yoga Basic 基礎瑜伽 Joan 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 Ringo Wong						
15:00							
15:30	Self-Defense 以色列軍用搏擊術 Eldad 15:45-16:45					Hatha Yoga 哈達瑜伽 Ice	Jazz Funk 爵士放克 Millie
16:00							
16:30						Yin Yoga 陰瑜伽 Ice 16:45-17:45	Dance Stretch 舞蹈伸展 Millie 16:45-17:45
17:00	Arnis 菲律賓魔杖 Eldad						
17:30							
18:00					Hot Yoga 高溫瑜伽 Ice 18:15-19:15	Yoga Therapy 治療瑜伽 Alex Pang 18:15-19:15	Capoeira Garic
18:30							
19:00							
19:30					Yoga Therapy 治療瑜伽 Ice	Yoga Wheel Basic 初級瑜伽輪 Alex Pang	
20:00							
20:30						Megadanz 熱力勁舞 Carl 20:45-21:45	
21:00					Yoga Stretch 伸展瑜伽 Ice		
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 (進階課堂需視個別分店交課堂費用)
電話：2116 3363

泰拳課堂 Muay Thai Class							
Time/Date	11/2/2019, Mon	12/2/2019, Tue	13/2/2019, Wed	14/2/2019, Thu	15/2/2019, Fri	16/2/2019, Sat	17/2/2019, 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 (進階課堂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	11/2/2019, Mon	12/2/2019, Tue	13/2/2019, Wed	14/2/2019, Thu	15/2/2019, Fri	16/2/2019, Sat	17/2/2019, 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		Arnis 菲律賓魔杖 Eidad 11:15-12:15					Ashtanga Yoga 阿斯湯加瑜伽 JS Lee
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					Yoga Stretch 伸展瑜伽 JS Lee
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							
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 Ice	Jazz Funk 爵士放克 Mille
16:00							
16:30						Yin Yoga 陰瑜伽 Ice 16:45-17:45	Dance Stretch 舞蹈伸展 Mille 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 Alex Pang 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							Cardio Funk 帶氣健身舞 Mille 19:15-20:15
19:30	Yoga Therapy 理療瑜伽 Alex Pang	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 Carli 20:45-21:45	Aerial Basic 初級空中瑜伽 Ringo Wong 20:45-21:45		Megadanz 熱力勁舞 Carli 20:45-21:45		
21:00				Yoga Stretch 伸展瑜伽 Ice			
21:30							

2月份課程時間表 (FAC 元朗旗艦店)
Class Schedule Feb (FAC Flagship Yuen Long)



泰拳課堂 Muay Thai Class

Time/Date	18/2/2019, Mon	19/2/2019, Tue	20/2/2019, Wed	21/2/2019, Thu	22/2/2019, Fri	23/2/2019, Sat	24/2/2019, 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							

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 (進階課堂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	18/2/2019, Mon	19/2/2019, Tue	20/2/2019, Wed	21/2/2019, Thu	22/2/2019, Fri	23/2/2019, Sat	24/2/2019, Sun
7:00							
7:30	Morning Yoga 早晨瑜伽 Ringo Wong						
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 Ringo Wong						
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 Isabel Siu	Jazz Funk 爵士放克 Michelle
16:00							
16:30						Yin Yoga 陰瑜伽 Isabel Siu 16:45-	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 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	25/2/2019, Mon	26/2/2019, Tue	27/2/2019, Wed	28/2/2019, 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 (進階課程需視個分店繳交課堂費用)
電話：2116 3363

瑜伽及舞蹈課堂 Yoga and Dance Class					
Time/Date	25/2/2019, Mon	26/2/2019, Tue	27/2/2019, Wed	28/2/2019, Thu	
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		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 Alex Pang	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 Alex Pang 14:15-15:15	Yoga Wheel Basic 初級瑜伽輪 Annie 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			
16:00					
16:30					
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	
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	
20:00					
20:30	Dancehall 街舞 - 雷鬼 Carl 20:45-21:45	Megadanz Carl 20:45-21:45	Aerial Basic 初級空中瑜伽 Ringo Wong 20:45-21:45		
21:00				Yoga Stretch 伸展瑜伽 Ice	
21:30					