

5月份課程時間表 (FAC 元朗旗艦店)
Class Schedule May (FAC Flagship Yuen Long)



泰拳課堂 Muay Thai Class							
Time/Date		1/5/2019,Wed	2/5/2019,Thu	3/5/2019,Fri	4/5/2019,Sat	5/5/2019,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			
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	**XT45 12:45-13:30 \$ 250/Person		Muay Thai (LV2) 泰拳中級班	
13:00							
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	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 (LV2) 泰拳中級班 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	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		1/5/2019,Wed	2/5/2019,Thu	3/5/2019,Fri	4/5/2019,Sat	5/5/2019,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 Wing C 11:45-12:45	
12:00						Myofascial Release 肌筋膜放鬆術 Alex Pang
12:30						
13:00		Yin Yoga 陰瑜伽 Joan C	Flow Yoga 流瑜伽 Alex Pang	**Power Lunch 午餐瑜伽 Joan C 13:15-14:00	Hot Stretch 高溫伸展 Wing C	
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 Alex Pang 14:15-15:15	Gentle Yoga 和緩瑜伽 Joan C 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					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		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					Arnis 菲律賓魔杖 Eldad	
19:30		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					Self-Defense 以色列軍用搏擊術 Eldad 20:15-21:15	
20:30		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						

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：2478 9578

5月份課程時間表 (FAC 元朗旗艦店)
Class Schedule May (FAC Flagship Yuen Long)



泰拳課堂 Muay Thai Class							
Time/Date	6/5/2019, Mon	7/5/2019, Tue	8/5/2019, Wed	9/5/2019, Thu	10/5/2019, Fri	11/5/2019, Sat	12/5/2019, 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：2478 9578

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	6/5/2019, Mon	7/5/2019, Tue	8/5/2019, Wed	9/5/2019, Thu	10/5/2019, Fri	11/5/2019, Sat	12/5/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00	Morning Yoga 早晨瑜伽 Alex Pang 9:15-10:15						
9:30							
10:00		Hot Detox 高溫排毒 Ice					
10:30	Yoga Stretch 伸展瑜伽 Alex Pang						
11:00							Ashtanga Yoga 阿斯湯加瑜伽 Alex Pang
11:30						Hot Detox 高溫排毒 Carol Tai 11:45-12:45	
12:00							Myofascial Release 肌筋膜放鬆術 Alex Pang
12:30							
13:00	Hatha Yoga 哈達瑜伽 Annie		Yin Yoga 陰瑜伽 Joan C	Flow Yoga 流瑜伽 Annie	**Power Lunch 午餐瑜伽 Joan C 13:15-14:00	Hot Stretch 高溫伸展 Carol Tai	
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 Joan C 14:15-15:15	Yoga Basic 基礎瑜伽 Ice 14:15-15:15	Yoga Stretch 伸展瑜伽 Alex Pang 14:15-15:15
14:30	Aeria Basic 初級空中瑜伽 Annie						
15:00							
15:30						Hatha Yoga 哈達瑜伽 Ice	Jazz Funk 爵士放克 Michelle
16:00						Yin Yoga 陰瑜伽 Ice 16:45-17:45	Dance Stretch 舞蹈伸展 Michelle 16:45-17:45
16:30							
17:00							
17:30							
18:00	Yoga Therapy 理療瑜伽 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							Arnis 菲律賓魔杖 Eldad
19:30	Hot Detox 高溫排毒 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							Self-Defense 以色列軍用搏擊術 Eldad 20:15-21:15
20:30	Zumba 森巴 Aerith 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							

5月份課程時間表 (FAC 元朗旗艦店)
Class Schedule May (FAC Flagship Yuen Long)



泰拳課堂 Muay Thai Class							
Time/Date	13/5/2019, Mon	14/5/2019, Tue	15/5/2019, Wed	16/5/2019, Thu	17/5/2019, Fri	18/5/2019, Sat	19/5/2019, 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		
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		**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 (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						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	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	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	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
19:30	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 (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 (進階課需親臨分店繳上課堂費用)
電話：2478 9578

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	13/5/2019, Mon	14/5/2019, Tue	15/5/2019, Wed	16/5/2019, Thu	17/5/2019, Fri	18/5/2019, Sat	19/5/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00	Morning Yoga 早晨瑜伽 Alex Pang 9:15-10:15						
9:30							
10:00		Hot Detox 高溫排毒 Ice					
10:30	Yoga Stretch 伸展瑜伽 Alex Pang						
11:00							Ashtanga Yoga 阿斯湯加瑜伽 Alex Pang
11:30					Flow Yoga 流瑜伽 Manish	Hot Detox 高溫排毒 Wing 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		Yin Yoga 陰瑜伽 Joan C	Flow Yoga 流瑜伽 Annie	**Power Lunch 午餐瑜伽 Manish 13:15-14:00	Hot Stretch 高溫伸展 Wing C	
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 Manish 14:15-15:15	Yoga Basic 基礎瑜伽 Wing C 14:15-15:15	Yoga Stretch 伸展瑜伽 Alex Pang 14:15-15:15
14:30	Aeria Basic 初級空中瑜伽 Ringo Wong						
15:00							
15:30						Hatha Yoga 哈達瑜伽 Ice	Jazz Funk 爵士放克 Michelle
16:00							
16:30					Hot Slim 高溫瘦身 Manish	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	Yoga Therapy 理療瑜伽 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						Arnis 菲律賓魔杖 Eldad	Cardio Funky 帶氣瘦身舞 Millie 19:15-20:15
19:30	Hot Detox 高溫排毒 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						Self-Defense 以色列軍用搏擊術 Eldad 20:15-21:15	
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							

5月份課程時間表 (FAC 元朗旗艦店)
Class Schedule May (FAC Flagship Yuen Long)



泰拳課堂 Muay Thai Class

Time/Date	20/5/2019, Mon	21/5/2019, Tue	22/5/2019, Wed	23/5/2019, Thu	24/5/2019, Fri	25/5/2019, Sat	26/5/2019, 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		
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	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
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 (進階課堂需親臨分店繳交課堂費用)
電話：2478 9578

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	20/5/2019, Mon	21/5/2019, Tue	22/5/2019, Wed	23/5/2019, Thu	24/5/2019, Fri	25/5/2019, Sat	26/5/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00	Morning Yoga 早晨瑜伽 Alex Pang 9:15-10:15						
9:30							
10:00		Hot Detox 高溫排毒 Ice					
10:30	Yoga Stretch 伸展瑜伽 Alex Pang						
11:00							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							Myofascial Release 肌筋膜放鬆術 Alex Pang
12:30							
13:00	Hatha Yoga 哈達瑜伽 Annie		Yin Yoga 陰瑜伽 Joan C	Flow Yoga 流瑜伽 Annie	**Power Lunch 午餐瑜伽 Joan C 13:15-14:00	Hot Stretch 高溫伸展 Wing C	
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 Joan C 14:15-15:15	Yoga Basic 基礎瑜伽 Wing C 14:15-15:15	Yoga Stretch 伸展瑜伽 Alex Pang 14:15-15:15
14:30	Aeria Basic 初級空中瑜伽 Annie						
15:00							
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							
17:30							
18:00	Yoga Therapy 理療瑜伽 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						Arnis 菲律賓魔杖 Eldad	
19:30	Hot Detox 高溫排毒 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						Self-Defense 以色列軍用搏擊術 Eldad 20:15-21:15	
20:30	Zumba 森巴 Aerith 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							

5月份課程時間表 (FAC 元朗旗艦店)
Class Schedule May (FAC Flagship Yuen Long)



泰拳課堂 Muay Thai Class

Time/Date	27/5/2019, Mon	28/5/2019, Tue	29/5/2019, Wed	30/5/2019, Thu	31/5/2019, 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 (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					

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	27/5/2019, Mon	28/5/2019, Tue	29/5/2019, Wed	30/5/2019, Thu	31/5/2019, Fri
7:00					
7:30					
8:00					
8:30					
9:00	Morning Yoga 早晨瑜伽 Alex Pang 9:15-10:15				
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				Yoga Basic 基礎瑜伽 Manish 11:45-12:45	
12:00					
12:30					
13:00	Hatha Yoga 哈達瑜伽 Annie		Yin Yoga 陰瑜伽 Joan C	Flow Yoga 流瑜伽 Manish	**Power Lunch 午餐瑜伽 Joan C 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 Manish 14:15-15:15	Gentle Yoga 和緩瑜伽 Joan C 14:15-15:15
14:30	Aeria Basic 初級空中瑜伽 Annie				
15:00					
15:30					
16:00					
16:30				Power Yoga 力量瑜伽 Manish	
17:00					
17:30					
18:00	Yoga Therapy 理療瑜伽 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
18:30					
19:00					
19:30	Hot Detox 高溫排毒 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	Zumba 森巴 Aerith 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					

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：2478 9578