

泰拳課堂 Muay Thai Class

Time/Date						1/9/2019, Sun
7:00						
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						
10:30						
11:00						
11:30						
12:00						
12:30						Muay Thai (LV2) 泰拳中級班
13:00						
13:30						
14:00						
14:30						
15:00						Muay Thai (LV1) 泰拳初級班
15:30						
16:00						
16:30						Muay Thai (LV2) 泰拳中級班
17:00						
17:30						
18:00						
18:30						
19:00						Muay Thai (LV1) 泰拳初級班
19:30						
20:00						
20:30						
21:00						
21:30						

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date						1/9/2019, 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						
12:00						
12:30						Myofascial Release 肌筋膜放鬆術 Alex Pang
13:00						
13:30						
14:00						Yoga Stretch 伸展瑜伽 Candy 14:15-15:15
14:30						
15:00						
15:30						Jazz Funk 爵士放克 Michelle
16:00						
16:30						Dance Stretch 舞蹈伸展 Michelle 16:45-17:45
17:00						
17:30						
18:00						
18:30						
19:00						
19:30						
20:00						
20:30						
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：2478 9578

9月份課程時間表 (FAC 元朗旗艦店)
Class Schedule Sep (FAC Flagship Yuen Long)



泰拳課堂 Muay Thai Class							
Time/Date	2/9/2019, Mon	3/9/2019, Tue	4/9/2019, Wed	5/9/2019, Thu	6/9/2019, Fri	7/9/2019, Sat	8/9/2019, 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							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	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	2/9/2019, Mon	3/9/2019, Tue	4/9/2019, Wed	5/9/2019, Thu	6/9/2019, Fri	7/9/2019, Sat	8/9/2019, 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							
12:30							Myofascial Release 肌筋膜放鬆術 Alex Pang
13:00	Hatha Yoga 哈達瑜伽 Annie		Yin Yoga 陰瑜伽 JS Lee	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		Zumba 森巴 Shirly Tsang	Ashtanga Vinyasa 阿斯湯加瑜伽 JS Lee 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 Candy 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 巴西戰舞 Garic	
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 Water Tsang 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	9/9/2019, Mon	10/9/2019, Tue	11/9/2019, Wed	12/9/2019, Thu	13/9/2019, Fri	14/9/2019, Sat	15/9/2019, 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							
12:00							
12:30						Muay Thai (LV2) 泰拳中級班	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	Muay Thai (LV2) 泰拳中級班		
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 (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							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	9/9/2019, Mon	10/9/2019, Tue	11/9/2019, Wed	12/9/2019, Thu	13/9/2019, Fri	14/9/2019, Sat	15/9/2019, 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							Flow Yoga 流瑜伽 Ringo Wong
11:30						Hot Detox 高溫排毒 Wing C 11:45-12:45	
12:00							
12:30							Yoga Wheel Basic 初級瑜伽輪 Ringo Wong
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 Wing C 13:15-14:00	Hot Stretch 高溫伸展 Wing C	
13:30							
14:00		Zumba 森巴 Shirly Tsang	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 Wing 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	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 巴西戰舞 Garic	
18:30							
19:00							Cardio Funky 帶氧健身舞 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							
20:30	Zumba 森巴 Water Tsang 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

9月份課程時間表 (FAC 元朗旗艦店)
Class Schedule Sep (FAC Flagship Yuen Long)



泰拳課堂 Muay Thai Class							
Time/Date	16/9/2019, Mon	17/9/2019, Tue	18/9/2019, Wed	19/9/2019, Thu	20/9/2019, Fri	21/9/2019, Sat	22/9/2019, 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							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	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 (進階課程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	16/9/2019, Mon	17/9/2019, Tue	18/9/2019, Wed	19/9/2019, Thu	20/9/2019, Fri	21/9/2019, Sat	22/9/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00	Morning Yoga 早晨瑜伽 Manish 9:15-10:15						
9:30							
10:00		Hot Detox 高溫排毒 Ice					
10:30	Yoga Stretch 伸展瑜伽 Manish						
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		Zumba 森巴 Shirly Tsang	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 Candy 14:15-15:15
14:30	Aeria Basic 初級空中瑜 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 治療瑜伽 Wing C 18:15-19:15	Aerial Basic 初級空中瑜 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 治療瑜伽 Wing C 18:15-19:15	Capoeira 巴西戰舞 Garic	
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 Ringo Wong	Yoga Therapy 治療瑜伽 Ice	Yoga Wheel Basic 初級瑜伽輪 Wing C		
20:00							
20:30	Zumba 森巴 Water Tsang 20:45-21:45	Megadanz 熱力勁舞 Carl 20:45-21:45	Aerial Basic 初級空中瑜 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	23/9/2019, Mon	24/9/2019, Tue	25/9/2019, Wed	26/9/2019, Thu	27/9/2019, Fri	28/9/2019, Sat	29/9/2019, 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							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	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 (進階課程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	23/9/2019, Mon	24/9/2019, Tue	25/9/2019, Wed	26/9/2019, Thu	27/9/2019, Fri	28/9/2019, Sat	29/9/2019, 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 JS Lee 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 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 JS Lee	
13:30							
14:00		Zumba 森巴 Shirly Tsang	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 JS Lee 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						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 Manish 18:15-19:15	Capoeira 巴西戰舞 Garic	
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 Manish		
20:00							
20:30	Zumba 森巴 Water Tsang 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							
21:30					Yoga Stretch 伸展瑜伽 Ice		

泰拳課堂 Muay Thai Class							
Time/Date	30/9/2019, Mon						
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							
12:00							
12:30							
13:00							
13:30	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						
17:30							
18:00	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							
20:00							
20:30	Muay Thai (LV2) 泰拳中級班						
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	30/9/2019, Mon						
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							
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						
13:30							
14:00							
14:30	Aeria Basic 初級空中瑜伽 Annie						
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00	Yoga Therapy 理療瑜伽 Manish 18:15-19:15						
18:30							
19:00							
19:30	Hot Detox 高溫排毒 Manish						
20:00							
20:30	Zumba 森巴 Water Tsang 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：2478 9578