

Time/Date	1/5/2018,Tue	2/5/2018,Wed	3/5/2018,Thu	4/5/2018,Fri	5/5/2018,Sat	6/5/2018,Sun
7:00		Morning Yoga 早晨瑜珈 Jo Chan 07:15-08:15				
7:30		Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45		
8:00						
8:30						
9:00						
9:30						
10:00	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 / Hatha Yoga 哈達瑜珈 Joyce H	Muay Thai (Lv1) 泰拳初級班 / Yoga Stretch 伸展瑜珈 Annie Chui
10:30						
11:00					Yoga Stretch 伸展瑜珈 Joyce H 11:10-12:10	Zumba Fitness Millie 11:10-12:10
11:30			Self-defense 以色列軍用搏擊術 Eldad			
12:00			Bollywood 寶萊塢舞蹈 Sammi 12:15-13:15			
12:30	Muay Thai (Lv1) 泰拳初級班 / Hot Detox 高溫排毒 Cherie	Muay Thai (Lv1) 泰拳初級班 / Inversion 倒置體式練習 Naomi	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班 / Power Lunch 午餐瑜珈 Wing C 12:45-13:00	Muay Thai (Lv1) 泰拳初級班 / Jazz Funk 爵士放克 Michael W	Muay Thai (Lv1) 泰拳初級班 / Pilates Mat Work 墊上彼拉提斯 April
13:00						
13:30	Hot Stretch 高溫瑜珈 Cherie 13:45-14:45		Dance Stretch 舞蹈伸展 Sammi		Street Jazz 街頭爵士 Michael W 13:45-14:25	Hot Stretch 高溫伸展 Jo Chan 13:45-14:25
14:00	Muay Thai (Lv1) 泰拳初級班	**XT45 14:00-14:45 \$ 250/Session / Yin Yoga 陰瑜珈 April 14:20-15:20	Arnis 菲律賓魔杖 Eldad / **XT45 14:00-14:45 \$ 250/Session	**XT45 14:00-14:45 \$ 250/Session	Muay Thai (Lv2) 泰拳中級班	Muay Thai (Lv1) 泰拳初級班
14:30						
15:00					Hot B 高溫瑜珈 Yokii 15:15-16:15	
15:30			Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班		
16:00						
16:30	Muay Thai (Lv1) 泰拳初級班				Muay Thai (Lv1) 泰拳初級班 / Hot Stretch 高溫伸展 Yokii	Muay Thai (Lv1) 泰拳初級班
17:00			Women Self-defense 女子防狼術 Eldad \$150/Session			
17:30						
18:00	Muay Thai (Lv1) 泰拳初級班	Zumba Fitness Paula				Muay Thai (Lv1) 泰拳初級班
18:30	Pilates Ring 彼拉提斯圈 April	Muay Thai (Lv2) 泰拳中級班	Self-defense 以色列軍用搏擊術 Eldad / Jazz Funky 爵士放克 Korea Kaka	Muay Thai (Lv1) 泰拳初級班 / Hot Detox 高溫排毒 Jo Chan		
19:00						
19:30	Yoga Stretch 伸展瑜珈 April 19:40-20:40	Hot Slim 高溫瘦身 Chloe S 19:40-20:40	Yoga Basic 基礎瑜珈 Joyce H 19:40-20:40	Muay Thai (Lv1) 泰拳初級班 / Yoga Therapy 理療瑜珈 Jo Chan 19:40-20:40		
20:00		Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv2) 泰拳中級班			
20:30			TAV 瑜伽脊柱泡沫 Edward 20:50-21:50			
21:00			Arnis 菲律賓魔杖 Eldad			
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

Time/Date	7/5/2018, Mon	8/5/2018, Tue	9/5/2018, Wed	10/5/2018, Thu	11/5/2018, Fri	12/5/2018, Sat	13/5/2018, Sun
7:00			Morning Yoga 早晨瑜珈 Jo Chan 07:15-08:15				
7:30	Muay Thai (Lv1) 泰拳初級班 / 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45		
8:00							
8:30							
9:00							
9:30							
10:00	Muay Thai (LV1) 泰拳初級班 / Hot Detox 高溫排毒 Shin	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 / Hatha Yoga 哈達瑜珈 Joyce H	Muay Thai (Lv1) 泰拳初級班 / Yoga Stretch 伸展瑜珈 Annie Chui
10:30							
11:00						Yoga Stretch 伸展瑜珈 Joyce H 11:10-12:10	Zumba Fitness Tommy 11:10-12:10
11:30				Self-defense 以色列軍用搏擊術 Eldad			
12:00		Funky Dance 放克舞 Michael W 12:15-13:15		Bollywood 寶萊塢舞蹈 Sammi 12:15-13:15			
12:30	Muay Thai (Lv1) 泰拳初級班 / Myofascial Release 筋膜放鬆術 Olivia 12:45-13:45	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班 / Inversion 倒置體式練習 Naomi	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班 / Power Lunch 午餐瑜珈 Wing C 12:45-13:0	Muay Thai (Lv1) 泰拳初級班 / Jazz Funk 爵士放克 Michael W	Muay Thai (Lv1) 泰拳初級班 / Pilates Mat Work 墊上彼拉提斯 April
13:00							
13:30				Dance Stretch 舞蹈伸展 Sammi		Street Jazz 街頭爵士 Michael W 13:45-14:25	Hot Stretch 高溫伸展 Jo Chan 13:45-14:25
14:00	**XT45 14:00-14:45 \$ 250/Session	**XT45 14:00-14:45 \$ 250/Session	**XT45 14:00-14:45 \$ 250/Session / Yin Yoga 陰瑜珈 April 14:20-15:20	Arnis 菲律賓魔杖 Eldad / **XT45 14:00-14:45 \$ 250/Session	**XT45 14:00-14:45 \$ 250/Session	Muay Thai (LV2) 泰拳中級班	Muay Thai (Lv1) 泰拳初級班
14:30							
15:00						Hot B 高溫瑜珈 Yokii 15:15-16:15	
15:30	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班		Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班		
16:00							
16:30						Muay Thai (Lv1) 泰拳初級班 / Hot Stretch 高溫伸展 Yokii	Muay Thai (Lv1) 泰拳初級班
17:00				Women Self-defense 女子防狼術 Eldad \$150/Session			
17:30							
18:00			Zumba Fitness Paula				Muay Thai (Lv1) 泰拳初級班
18:30	Muay Thai (LV2) 泰拳中級班 / Yoga Stretch 伸展瑜珈 Kimmy	Muay Thai (LV2) 泰拳中級班 / Pilates Ring 彼拉提斯圈 April	Muay Thai (LV2) 泰拳中級班	Self-defense 以色列軍用搏擊術 Eldad / Jazz Funky 爵士放克 Korea Kaka	Muay Thai (Lv1) 泰拳初級班 / Hot Detox 高溫排毒 Jo Chan		
19:00							
19:30	Hatha Yoga 哈達瑜珈 Kimmy 19:40-20:40	Yoga Stretch 伸展瑜珈 April 19:40-20:40	Hot Slim 高溫瘦身 Chloe S 19:40-20:40	Yoga Basic 基礎瑜珈 Joyce H 19:40-20:40	Muay Thai (Lv1) 泰拳初級班 / Yoga Therapy 理療瑜珈 Jo Chan 19:40-20:40		
20:00	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			
20:30	Gentle Yoga 和緩瑜珈 Primo 20:50-21:50			TAV 瑜伽脊柱泡沫 Edward 20:50-21:50			
21:00				Arnis 菲律賓魔杖 Eldad			
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

Time/Date	14/5/2018, Mon	15/5/2018, Tue	16/5/2018, Wed	17/5/2018, Thu	18/5/2018, Fri	19/5/2018, Sat	20/5/2018, Sun
7:00			Morning Yoga 早晨瑜伽 Jo Chan 07:15-08:15				
7:30	Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45		
8:00							
8:30							
9:00							
9:30							
10:00	Muay Thai (LV1) 泰拳初級班 / Hot Detox 高溫排毒 Shin	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 / Hatha Yoga 哈達瑜伽 Joyce H	Muay Thai (Lv1) 泰拳初級班 / Yoga Stretch 伸展瑜伽 Annie Chui
10:30							
11:00						Yoga Stretch 伸展瑜伽 Joyce H 11:10-12:10	Zumba Fitness Millie 11:10-12:10
11:30				Self-defense 以色列軍用搏擊術 Eldad			
12:00		Funky Dance 放克舞 Michael W 12:15-13:15		Bollywood 寶萊塢舞蹈 Sammi 12:15-13:15			
12:30	Muay Thai (Lv1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 Olivia 12:45-13:45	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班 / Inversion 倒置體式練習 Naomi	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班 / Power Lunch 午餐瑜伽 Prudence 12:45-13:0	Muay Thai (Lv1) 泰拳初級班 / Jazz Funk 爵士放克 Michael W	Muay Thai (Lv1) 泰拳初級班 / Pilates Mat Work 墊上彼拉提斯 April
13:00							
13:30				Dance Stretch 舞蹈伸展 Sammi		Street Jazz 街頭爵士 Michael W 13:45-14:25	Hot Stretch 高溫伸展 Jo Chan 13:45-14:25
14:00	**XT45 14:00-14:45 \$ 250/Session	**XT45 14:00-14:45 \$ 250/Session	**XT45 14:00-14:45 \$ 250/Session / Yin Yoga 陰瑜伽 April 14:20-15:20	Arnis 菲律賓魔杖 Eldad / **XT45 14:00-14:45 \$ 250/Session	**XT45 14:00-14:45 \$ 250/Session	Muay Thai (LV2) 泰拳中級班	Muay Thai (Lv1) 泰拳初級班
14:30							
15:00						Hot B 高溫瑜伽 Yokii 15:15-16:15	
15:30	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班		Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班		
16:00							
16:30						Muay Thai (Lv1) 泰拳初級班 / Hot Stretch 高溫伸展 Yokii	Muay Thai (Lv1) 泰拳初級班
17:00				Women Self-defense 女子防狼術 Eldad \$150/Session			
17:30							
18:00			Zumba Fitness Paula				Muay Thai (Lv1) 泰拳初級班
18:30	Muay Thai (LV2) 泰拳中級班 / Yoga Stretch 伸展瑜伽 Kimmy	Muay Thai (LV2) 泰拳中級班 / Pilates Ring 彼拉提斯圈 April	Muay Thai (LV2) 泰拳中級班	Self-defense 以色列軍用搏擊術 Eldad / Jazz Funky 爵士放克 Korea Kaka	Muay Thai (Lv1) 泰拳初級班 / Hot Detox 高溫排毒 Jo Chan		
19:00							
19:30	Hatha Yoga 哈達瑜伽 Kimmy 19:40-20:40	Yoga Stretch 伸展瑜伽 April 19:40-20:40	Hot Slim 高溫瘦身 Chloe S 19:40-20:40	Yoga Basic 基礎瑜伽 Joyce H 19:40-20:40	Muay Thai (Lv1) 泰拳初級班 / Yoga Therapy 理療瑜伽 Jo Chan 19:40-20:40		
20:00	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			
20:30	Gentle Yoga 和緩瑜伽 Primo 20:50-21:50			TAV 瑜伽脊柱泡沫 Edward 20:50-21:50			
21:00				Arnis 菲律賓魔杖 Eldad			
21:30							

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電話：2478 9578

Time/Date	21/5/2018, Mon	22/5/2018, Tue	23/5/2018, Wed	24/5/2018, Thu	25/5/2018, Fri	26/5/2018, Sat	27/5/2018, Sun
7:00			Morning Yoga 早晨瑜伽 Jo Chan 07:15-08:15				
7:30	Muay Thai (Lv1) 泰拳初級班 07:45-08:45		Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45		
8:00							
8:30							
9:00							
9:30							
10:00	Muay Thai (LV1) 泰拳初級班 / Hot Detox 高溫排毒 Shin	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 / Hatha Yoga 哈達瑜伽 Katrina	Muay Thai (Lv1) 泰拳初級班 / Yoga Stretch 仲展瑜伽 Primo
10:30							
11:00						Yoga Stretch 仲展瑜伽 Katrina 11:10-12:10	Zumba Fitness Tommy 11:10-12:10
11:30				Self-defense 以色列軍用搏擊術 Eldad			
12:00				Bollywood 寶萊塢舞蹈 Sammi 12:15-13:15			
12:30	Muay Thai (Lv1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 Olivia 12:45-13:45	Muay Thai (Lv1) 泰拳初級班 / Hot Detox 高溫排毒 Isabel Siu	Muay Thai (Lv1) 泰拳初級班 / Inversion 倒置體式練習 Naomi	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班 / Power Lunch 午餐瑜伽 Prudence 12:45-13:0	Muay Thai (Lv1) 泰拳初級班 / Jazz Funk 爵士放克 Michael W	Muay Thai (Lv1) 泰拳初級班 / Hatha Yoga 哈達瑜伽 Jo Chan
13:00							
13:30		Hot Stretch 高溫瑜伽 Isabel Siu 13:45-14:45		Dance Stretch 舞蹈伸展 Sammi		Street Jazz 街頭爵士 Michael W 13:45-14:25	Hot Stretch 高溫伸展 Jo Chan 13:45-14:25
14:00	**XT45 14:00-14:45 \$ 250/Session	Muay Thai (Lv1) 泰拳初級班	**XT45 14:00-14:45 \$ 250/Session / Yin Yoga 陰瑜伽 April 14:20-15:20	Arnis 菲律賓魔杖 Eldad / **XT45 14:00-14:45 \$ 250/Session	**XT45 14:00-14:45 \$ 250/Session	Muay Thai (LV2) 泰拳中級班	Muay Thai (Lv1) 泰拳初級班
14:30							
15:00						Hot B 高溫瑜伽 Yokii 15:15-16:15	
15:30	Muay Thai (Lv1) 泰拳初級班			Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班		
16:00							
16:30		Muay Thai (Lv1) 泰拳初級班				Muay Thai (Lv1) 泰拳初級班 / Hot Stretch 高溫伸展 Yokii	Muay Thai (Lv1) 泰拳初級班
17:00				Women Self-defense 女子防狼術 Eldad \$150/Session			
17:30							
18:00		Muay Thai (Lv1) 泰拳初級班	Zumba Fitness Paula				Muay Thai (Lv1) 泰拳初級班
18:30	Muay Thai (LV2) 泰拳中級班 / Yoga Stretch 仲展瑜伽 Kimmy	Pilates Ring 彼拉提斯圈 April	Muay Thai (LV2) 泰拳中級班	Self-defense 以色列軍用搏擊術 Eldad / Jazz Funky 爵士放克 Korea Kaka	**Funky Muay Thai 放克泰拳 Fung 18:30-19:45 / Hot Detox 高溫排毒 Jo Chan		
19:00							
19:30	Hatha Yoga 哈達瑜伽 Kimmy 19:40-20:40	Yoga Stretch 仲展瑜伽 April 19:40-20:40	Hot Slim 高溫瘦身 Chloe S 19:40-20:40	Yoga Basic 基礎瑜伽 Joyce H 19:40-20:40	Mixed Martial Arts 綜合格鬥 Fung / Yoga Therapy 理療瑜伽 Jo Chan 19:40-20:40		
20:00	Muay Thai (Lv1) 泰拳初級班		Muay Thai (Lv1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班			
20:30	Gentle Yoga 和緩瑜伽 Katrina 20:50-21:50			TAV 瑜伽脊柱泡沫 Edward 20:50-21:50			
21:00				Arnis 菲律賓魔杖 Eldad			
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	28/5/2018, Mon	29/5/2018, Tue	30/5/2018, Wed	31/5/2018, Thu		
7:00			Morning Yoga 早晨瑜珈 Jo Chan 07:15-08:15			
7:30	Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45	Muay Thai (Lv1) 泰拳初級班 07:45-08:45		
8:00						
8:30						
9:00						
9:30						
10:00	Muay Thai (LV1) 泰拳初級班 / Hot Detox 高溫排毒 Shin	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班		
10:30						
11:00						
11:30				Self-defense 以色列軍用搏擊術 Eldad		
12:00		Funky Dance 放克舞 Michael W 12:15-13:15		Bollywood 寶萊塢舞蹈 Sammi 12:15-13:15		
12:30	Muay Thai (Lv1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 Olivia 12:45-13:45	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班 / Inversion 倒置體式練習 Pepsi	Muay Thai (Lv1) 泰拳初級班		
13:00						
13:30				Dance Stretch 舞蹈伸展 Sammi		
14:00	**XT45 14:00-14:45 \$ 250/Session	**XT45 14:00-14:45 \$ 250/Session	**XT45 14:00-14:45 \$ 250/Session / Yin Yoga 陰瑜珈 April 14:20-15:20	Arnis 菲律賓魔杖 Eldad / **XT45 14:00-14:45 \$ 250/Session		
14:30						
15:00						
15:30	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班		Muay Thai (Lv1) 泰拳初級班		
16:00						
16:30						
17:00				Women Self-defense 女子防狼術 Eldad \$150/Session		
17:30						
18:00			Zumba Fitness Paula			
18:30	Muay Thai (LV2) 泰拳中級班 / Yoga Stretch 伸展瑜珈 Kimmy	Muay Thai (LV2) 泰拳中級班 / Pilates Ring 彼拉提斯圈 April	Muay Thai (LV2) 泰拳中級班	Self-defense 以色列軍用搏擊術 Eldad / Jazz Funky 爵士放克 Korea Kaka		
19:00						
19:30	Hatha Yoga 哈達瑜珈 Kimmy 19:40-20:40	Yoga Stretch 伸展瑜珈 April 19:40-20:40	Hot Slim 高溫瘦身 Chloe S 19:40-20:40	Yoga Basic 基礎瑜珈 Joyce H 19:40-20:40		
20:00	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		
20:30	Gentle Yoga 和緩瑜珈 Katrina 20:50-21:50			TAV 瑜伽脊柱泡沫 Edward 20:50-21:50		
21:00				Arnis 菲律賓魔杖 Eldad		
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