

泰拳課堂 Muay Thai Class							
Time/Date	1/1/2019,Tue	2/1/2019,Wed	3/1/2019,Thu	4/1/2019,Fri	5/1/2019,Sat	6/1/2019,Sun	
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30					Muay Thai (Lv1) 泰拳初級班		
11:00							
11:30							
12:00							
12:30	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	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班
13:00							
13:30							
14:00	Muay Thai (Lv1) 泰拳初級班	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	Muay Thai (LV2) 泰拳中級班	Muay Thai (Lv1) 泰拳初級班	
14:30							
15:00							
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	Muay Thai (Lv1) 泰拳初級班	
17:00							
17:30							
18:00	Muay Thai (Lv1) 泰拳初級班					Muay Thai (Lv1) 泰拳初級班	
18:30		Muay Thai (LV2) 泰拳中級班		**Funky Muay Thai 放克泰拳 Fung 18:30-19:15			
19:00							
19:30				Mixed Martial Arts 綜合格鬥 Fung			
20:00		Muay Thai (Lv1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班				
20:30							
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	1/1/2019,Tue	2/1/2019,Wed	3/1/2019,Thu	4/1/2019,Fri	5/1/2019,Sat	6/1/2019,Sun	
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							Yoga Stretch 伸展瑜伽 Annie
11:00				Yoga Basic 基礎瑜伽 Jo Tsang			
11:30			Core Yoga 核心瑜伽 Jo Tsang		Yoga Stretch 伸展瑜伽 Jo Chan	Detox Yoga 排毒瑜伽 Jo Chan 11:45-12:45	
12:00	**Power Lunch 午餐瑜伽 Js Lee 12:15-13:00			**Power Lunch 午餐瑜伽 Jo Tsang 12:15-13:00			
12:30		**Power Lunch 午餐瑜伽 Jo Tsang 12:45-13:30	Sexy Jazz 性感爵士舞 Jeet				
13:00					Jazz Funk 爵士放克 Michael		
13:30		Yin Yoga 陰瑜伽 Js Lee					
14:00							
14:30							
15:00			Gentle Yoga 和緩瑜伽 Jo Tsang 15:15-16:15		Hot Yoga 高溫瑜伽 Angel Wong		
15:30							
16:00							
16:30					Gentle Yoga 和緩瑜伽 Angel Wong		
17:00							
17:30							
18:00					Detox Yoga 排毒瑜伽 Jo Chan		
18:30	Hot Yoga 高溫瑜伽 Jo Tsang	Hot Stretch 高溫伸展 Jo Chan	Myofascial Release 肌筋膜放鬆術 Alex Pang				
19:00					Hot Detox 高溫排毒 Jo Chan 19:15-20:15		
19:30	Yoga Stretch 伸展瑜伽 Jo Tsang 19:45-20:45	Yoga Therapy 理療瑜伽 Jo Chan 19:45-20:45	Yoga Basic 基礎瑜伽 Alex Pang 19:45-20:45				
20:00							
20:30					Yoga Therapy 理療瑜伽 Jo Chan		
21:00	Flow Yoga 流瑜伽 Jo Tsang	K-pop 韓國流行舞蹈 Scott Choi	Power Yoga 力量瑜伽 Alex Pang				
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

泰拳課堂 Muay Thai Class

Time/Date	7/1/2019, Mon	8/1/2019, Tue	9/1/2019, Wed	10/1/2019, Thu	11/1/2019, Fri	12/1/2019, Sat	13/1/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30						Muay Thai (Lv1) 泰拳初級班	
11:00							
11:30							
12:00							
12:30	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	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班
13:00							
13:30							
14:00	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	Muay Thai (LV2) 泰拳中級班	Muay Thai (Lv1) 泰拳初級班
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	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
17:00							
17:30							
18:00							Muay Thai (Lv1) 泰拳初級班
18:30	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班		**Funky Muay Thai 放克泰拳 Fung 18:30-19:15		
19:00							
19:30					Mixed Martial Arts 綜合格鬥 Fung		
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							
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	7/1/2019, Mon	8/1/2019, Tue	9/1/2019, Wed	10/1/2019, Thu	11/1/2019, Fri	12/1/2019, Sat	13/1/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							Yoga Stretch 伸展瑜伽 Annie
11:00					Yoga Basic 基礎瑜伽 Jo Tsang		
11:30	Hot Detox 高溫排毒 Jo Tsang		Core Yoga 核心瑜伽 Jo Tsang			Yoga Stretch 伸展瑜伽 Js Lee	Detox Yoga 排毒瑜伽 Jo Chan 11:45-12:45
12:00		**Power Lunch 午餐瑜伽 Js Lee 12:15-13:00			**Power Lunch 午餐瑜伽 Jo Tsang 12:15-13:00		
12:30			**Power Lunch 午餐瑜伽 Jo Tsang 12:45-13:30	Sexy Jazz 性感爵士舞 Jeet			
13:00	**Power Lunch 午餐瑜伽 Jo Tsang 13:00-13:45					Jazz Funk 爵士放克 Michael	
13:30		Yin Yoga 陰瑜伽 Js Lee					
14:00							
14:30							
15:00			Gentle Yoga 和緩瑜伽 Jo Tsang 15:15-16:15			Yoga Stretch 伸展瑜伽 Js Lee	
15:30							
16:00							
16:30						Gentle Yoga 和緩瑜伽 Js Lee	
17:00							
17:30							
18:00						Detox Yoga 排毒瑜伽 Jo Chan	Hatha Yoga 哈達瑜伽 Js Lee
18:30	Yoga Stretch 伸展瑜伽 Angel Wong	Hot Yoga 高溫瑜伽 Carol Tai	Hot Stretch 高溫伸展 Jo Chan	Myofascial Release 肌筋膜放鬆術 Alex Pang 18:45-19:45			
19:00						Hot Detox 高溫排毒 Jo Chan 19:15-20:15	
19:30	Hatha Yoga 哈達瑜伽 Angel Wong 19:45-20:45	Yoga Stretch 伸展瑜伽 Jo Tsang 19:45-20:45	Yoga Therapy 理療瑜伽 Jo Chan 19:45-20:45				
20:00				Yoga Basic 基礎瑜伽 Alex Pang			
20:30					Yoga Therapy 理療瑜伽 Jo Chan		
21:00	Bolly Fit 寶萊塢瘦身舞 Jeet	Flow Yoga 流瑜伽 Jo Tsang	K-pop 韓國流行舞蹈 Scott Choi	Power Yoga 力量瑜伽 Alex Pang 21:15-22:15			
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

泰拳課堂 Muay Thai Class

Time/Date	14/1/2019, Mon	15/1/2019, Tue	16/1/2019, Wed	17/1/2019, Thu	18/1/2019, Fri	19/1/2019, Sat	20/1/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30						Muay Thai (Lv1) 泰拳初級班	
11:00							
11:30							
12:00							
12:30	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	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班
13:00							
13:30							
14:00	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	Muay Thai (LV2) 泰拳中級班	Muay Thai (Lv1) 泰拳初級班
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	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
17:00							
17:30							
18:00							Muay Thai (Lv1) 泰拳初級班
18:30	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班		**Funky Muay Thai 放克泰拳 Fung 18:30-19:15		
19:00							
19:30					Mixed Martial Arts 綜合格鬥 Fung		
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							
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	14/1/2019, Mon	15/1/2019, Tue	16/1/2019, Wed	17/1/2019, Thu	18/1/2019, Fri	19/1/2019, Sat	20/1/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							Yoga Stretch 伸展瑜伽 Annie
11:00					Yoga Basic 基礎瑜伽 Jo Tsang		
11:30	Hot Detox 高溫排毒 Jo Tsang		Core Yoga 核心瑜伽 Jo Tsang			Yoga Stretch 伸展瑜伽 Js Lee	Detox Yoga 排毒瑜伽 Jo Chan 11:45-12:45
12:00		**Power Lunch 午餐瑜伽 Js Lee 12:15-13:00			**Power Lunch 午餐瑜伽 Jo Tsang 12:15-13:00		
12:30			**Power Lunch 午餐瑜伽 Jo Tsang 12:45-13:30	Sexy Jazz 性感爵士舞 Jeet			
13:00	**Power Lunch 午餐瑜伽 Jo Tsang 13:00-13:45					Jazz Funk 爵士放克 Michael	
13:30		Yin Yoga 陰瑜伽 Js Lee					
14:00							
14:30							
15:00			Gentle Yoga 和緩瑜伽 Jo Tsang 15:15-16:15			Yoga Stretch 伸展瑜伽 Js Lee	
15:30							
16:00							
16:30						Gentle Yoga 和緩瑜伽 Js Lee	
17:00							
17:30							
18:00						Detox Yoga 排毒瑜伽 Jo Chan	
18:30	Yoga Stretch 伸展瑜伽 Angel Wong	Hot Yoga 高溫瑜伽 Angel Wong	Hot Stretch 高溫伸展 Jo Chan	Myofascial Release 肌筋膜放鬆術 Alex Pang 18:45-19:45			
19:00					Hot Detox 高溫排毒 Jo Chan 19:15-20:15		
19:30	Flow Yoga 流瑜伽 Angel Wong 19:45-20:45	Yoga Stretch 伸展瑜伽 Jo Tsang 19:45-20:45	Yoga Therapy 理療瑜伽 Jo Chan 19:45-20:45				
20:00				Yoga Basic 基礎瑜伽 Alex Pang			
20:30					Yoga Therapy 理療瑜伽 Jo Chan		
21:00	Bolly Fit 寶萊塢瘦身舞 Jeet	Flow Yoga 流瑜伽 Jo Tsang	K-pop 韓國流行舞蹈 Scott Choi	Power Yoga 力量瑜伽 Alex Pang 21:15-22:15			
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

1月份課程時間表 (FAC 九龍灣店)
Class Schedule Jan (FAC Kowloon Bay)



泰拳課堂 Muay Thai Class							
Time/Date	21/1/2019, Mon	22/1/2019, Tue	23/1/2019, Wed	24/1/2019, Thu	25/1/2019, Fri	26/1/2019, Sat	27/1/2019, Sun
7:00							
7:30							
8:00							
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9:00							
9:30							
10:00							
10:30						Muay Thai (Lv1) 泰拳初級班	
11:00							
11:30							
12:00							
12:30	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	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班
13:00							
13:30							
14:00	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	Muay Thai (LV2) 泰拳中級班	Muay Thai (Lv1) 泰拳初級班
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	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
17:00							
17:30							
18:00							Muay Thai (Lv1) 泰拳初級班
18:30	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班		**Funky Muay Thai 放克泰拳 Fung 18:30-19:15		
19:00							
19:30					Mixed Martial Arts 綜合格鬥 Fung		
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							
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	21/1/2019, Mon	22/1/2019, Tue	23/1/2019, Wed	24/1/2019, Thu	25/1/2019, Fri	26/1/2019, Sat	27/1/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							Yoga Stretch 伸展瑜伽 Annie
11:00					Yoga Basic 基礎瑜伽 Jo Tsang		
11:30	Hot Detox 高溫排毒 Jo Tsang		Core Yoga 核心瑜伽 Jo Tsang			Yoga Stretch 伸展瑜伽 Js Lee	Detox Yoga 排毒瑜伽 Jo Chan 11:45-12:45
12:00		**Power Lunch 午餐瑜伽 Js Lee 12:15-13:00			**Power Lunch 午餐瑜伽 Jo Tsang 12:15-13:00		
12:30			**Power Lunch 午餐瑜伽 Jo Tsang 12:45-13:30	Sexy Jazz 性感爵士舞 Jeet			
13:00	**Power Lunch 午餐瑜伽 Jo Tsang 13:00-13:45					Jazz Funk 爵士放克 Michael	
13:30		Yin Yoga 陰瑜伽 Js Lee					
14:00							
14:30							
15:00			Gentle Yoga 和緩瑜伽 Jo Tsang 15:15-16:15			Yoga Stretch 伸展瑜伽 Js Lee	
15:30							
16:00							
16:30						Gentle Yoga 和緩瑜伽 Js Lee	
17:00							
17:30							
18:00					Detox Yoga 排毒瑜伽 Jo Chan	Hatha Yoga 哈達瑜伽 Js Lee	
18:30	Yoga Stretch 伸展瑜伽 Angel Wong	Hot Yoga 高溫瑜伽 Angel Wong	Hot Stretch 高溫伸展 Jo Chan	Myofascial Release 肌筋膜放鬆術 Alex Pang 18:45-19:45			
19:00					Hot Detox 高溫排毒 Jo Chan 19:15-20:15		
19:30	Flow Yoga 流瑜伽 Angel Wong 19:45-20:45	Yoga Stretch 伸展瑜伽 Jo Tsang 19:45-20:45	Yoga Therapy 理療瑜伽 Jo Chan 19:45-20:45				
20:00				Yoga Basic 基礎瑜伽 Alex Pang			
20:30					Yoga Therapy 理療瑜伽 Jo Chan		
21:00	Bolly Fit 寶萊塢瘦身舞 Jeet	Flow Yoga 流瑜伽 Jo Tsang	K-pop 韓國流行舞蹈 Scott Choi	Power Yoga 力量瑜伽 Alex Pang 21:15-22:15			
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

泰拳課堂 Muay Thai Class

Time/Date	28/1/2019, Mon	29/1/2019, Tue	30/1/2019, Wed	31/1/2019, Thu
7:00				
7:30				
8:00				
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10:30				
11:00				
11:30				
12:00				
12:30	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
13:00				
13:30				
14:00	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person	**XT45 14:00-14:45 \$ 250/Person
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				
17:30				
18:00				
18:30	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班	
19:00				
19:30				
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				
21:00				
21:30				

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	28/1/2019, Mon	29/1/2019, Tue	30/1/2019, Wed	31/1/2019, Thu
7:00				
7:30				
8:00				
8:30				
9:00				
9:30				
10:00				
10:30				
11:00				
11:30	Hot Detox 高溫排毒 Jo Tsang		Core Yoga 核心瑜伽 Jo Tsang	
12:00		**Power Lunch 午餐瑜伽 Js Lee 12:15-13:00		
12:30			**Power Lunch 午餐瑜伽 Jo Tsang 12:45-13:30	Sexy Jazz 性感爵士舞 Jeet
13:00	**Power Lunch 午餐瑜伽 Jo Tsang 13:00-13:45			
13:30		Yin Yoga 陰瑜伽 Js Lee		
14:00				
14:30				
15:00			Gentle Yoga 和緩瑜伽 Jo Tsang 15:15-16:15	
15:30				
16:00				
16:30				
17:00				
17:30				
18:00				
18:30	Yoga Stretch 伸展瑜伽 Angel Wong	Hot Yoga 高溫瑜伽 Angel Wong	Hot Stretch 高溫伸展 Jo Chan	Myofascial Release 肌筋膜放鬆術 Alex Pang 18:45-19:45
19:00				
19:30	Flow Yoga 流瑜伽 Angel Wong 19:45-20:45	Yoga Stretch 伸展瑜伽 Jo Tsang 19:45-20:45	Yoga Therapy 理療瑜伽 Jo Chan 19:45-20:45	
20:00				Yoga Basic 基礎瑜伽 Alex Pang
20:30				
21:00	Bolly Fit 寶萊塢瘦身舞 Jeet	Flow Yoga 流瑜伽 Jo Tsang	K-pop 韓國流行舞蹈 Scott Choi	Power Yoga 力量瑜伽 Alex Pang 21:15-22:15
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