

泰拳課堂 Muay Thai Class

Time/Date	1/11/2018,Thu	2/11/2018,Fri	3/11/2018,Sat	4/11/2018,Sun
7:00				
7:30				
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
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	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
17:00				
17:30				
18:00				Muay Thai (Lv1) 泰拳初級班
18:30		**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 (LV2) 泰拳中級班			
20:30				
21:00				
21:30				

瑜伽及舞蹈課堂 Dance and Yoga Class

Time/Date	1/11/2018,Thu	2/11/2018,Fri	3/11/2018,Sat	4/11/2018,Sun
7:00				
7:30				
8:00				
8:30				
9:00				
9:30				
10:00			HathaYoga 哈達瑜伽 JS Lee	Yoga Stretch 伸展瑜伽 Annie
10:30				
11:00		Yoga Basic 基礎瑜伽 Esther		
11:30			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 Esther 12:15-13:00		
12:30				
13:00			Jazz Funk 爵士放克 Michael	
13:30				
14:00				
14:30				
15:00		Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Hot Yoga 高溫瑜伽 JS Lee	
15:30				
16:00			Gentle Yoga 和緩瑜伽 JS Lee	
16:30				
17:00				
17:30				
18:00			Rhythm Yoga 節奏瑜伽 Esther	
18:30		Rhythm Yoga 節奏瑜伽 Christina		
19:00			Hot Detox 高溫排毒 Jo Chan 19:15-20:15	
19:30		Yoga Basic 基礎瑜伽 Christina 19:45-20:45		
20:00				
20:30			Yoga Therapy 理療瑜伽 Jo Chan	
21:00		Power Yoga 力量瑜伽 Christina		
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課堂需親臨分店繳交課堂費用)
電話：2157 3719

泰拳課堂 Muay Thai Class							
Time/Date	5/11/2018, Mon	6/11/2018, Tue	7/11/2018, Wed	8/11/2018, Thu	9/11/2018, Fri	10/11/2018, Sat	11/11/2018, Sun
7:00							
7:30							
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	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班
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	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 Dance and Yoga Class							
Time/Date	5/11/2018, Mon	6/11/2018, Tue	7/11/2018, Wed	8/11/2018, Thu	9/11/2018, Fri	10/11/2018, Sat	11/11/2018, Sun
7:00							
7:30		Morning Yoga 早晨瑜伽 JS Lee					
8:00							
8:30							
9:00							
9:30							
10:00						Hatha Yoga 哈達瑜伽 JS Lee	Yoga Stretch 伸展瑜伽 Annie
10:30							
11:00				Metro Yoga Inversion & Arm Balance Murali	Yoga Basic 基礎瑜伽 Esther		
11:30	Hot Detox 高溫排毒 Fiona		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 Esther 12:15-13:00		
12:30			Power Lunch 午餐瑜伽 Jo Tsang 12:45-13:30	Metro Dance Latin Dance Karen Wong			
13:00	Power Lunch 午餐瑜伽 Christina 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	Detox Yoga 排毒瑜伽 Christina 15:15-16:15	Hatha Yoga 哈達瑜伽 JS Lee 15:15-16:15	Gentle Yoga 和緩瑜伽 Jo Tsang 15:15-16:15		Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Hot Yoga 高溫瑜伽 JS Lee	
15:30							
16:00							
16:30						Gentle Yoga 和緩瑜伽 JS Lee	
17:00							
17:30							
18:00					Rhythm Yoga 節奏瑜伽 Esther		
18:30	Yoga Stretch 伸展瑜伽 Christina	Hot Yoga 高溫瑜伽 Jo Tsang	Hot Slim 高溫瘦身 Fiona	Rhythm Yoga 節奏瑜伽 Christina			
19:00						Hot Detox 高溫排毒 Jo Chan 19:15-20:15	
19:30	Hatha Yoga 哈達瑜伽 Christina 19:45-20:45	Yoga Stretch 伸展瑜伽 Jo Tsang 19:45-20:45	Yoga Therapy 理療瑜伽 Fiona 19:45-20:45	Yoga Basic 基礎瑜伽 Christina 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	Zumba Fitness Aerith	Power Yoga 力量瑜伽 Christina			
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課堂需親臨分店繳交課堂費用)
電話：2157 3719

泰拳課堂 Muay Thai Class							
Time/Date	12/11/2018, Mon	13/11/2018, Tue	14/11/2018, Wed	15/11/2018, Thu	16/11/2018, Fri	17/11/2018, Sat	18/11/2018, Sun
7:00							
7:30							
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	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班
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	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 Dance and Yoga Class							
Time/Date	12/11/2018, Mon	13/11/2018, Tue	14/11/2018, Wed	15/11/2018, Thu	16/11/2018, Fri	17/11/2018, Sat	18/11/2018, Sun
7:00							
7:30		Morning Yoga 早晨瑜伽 JS Lee					
8:00							
8:30							
9:00							
9:30							
10:00						HathaYoga 哈達瑜伽 JS Lee	Yoga Stretch 伸展瑜伽 Annie
10:30							
11:00					Yoga Basic 基礎瑜伽 Esther		
11:30	Metro Yoga Yoga Moves Murali		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 Esther 12:15-13:00		
12:30			Power Lunch 午餐瑜伽 Jo Tsang 12:45-13:30	Metro Dance Latin Dance Karen Wong			
13:00	Power Lunch 午餐瑜伽 Christina 13:00-13:45					Jazz Funk 爵士放克 Michael	
13:30		Yin Yoga 陰瑜伽 JS Lee					
14:00				Metro Yoga Yoga Moves Murali	Metro Yoga Inversion & Arm Balance Murali		
14:30							
15:00	Detox Yoga 排毒瑜伽 Christina 15:15-16:15	Hatha Yoga 哈達瑜伽 JS Lee 15:15-16:15	Gentle Yoga 和緩瑜伽 Jo Tsang 15:15-16:15		Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Hot Yoga 高溫瑜伽 JS Lee	
15:30							
16:00							
16:30						Gentle Yoga 和緩瑜伽 JS Lee	
17:00							
17:30							
18:00					Rhythm Yoga 節奏瑜伽 Esther		
18:30	Yoga Stretch 伸展瑜伽 Christina	Hot Yoga 高溫瑜伽 Jo Tsang	Hot Slim 高溫瘦身 Fiona	Rhythm Yoga 節奏瑜伽 Christina			
19:00						Hot Detox 高溫排毒 Jo Chan 19:15-20:15	
19:30	Hatha Yoga 哈達瑜伽 Christina 19:45-20:45	Yoga Stretch 伸展瑜伽 Jo Tsang 19:45-20:45	Yoga Therapy 理療瑜伽 Fiona 19:45-20:45	Yoga Basic 基礎瑜伽 Christina 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	Zumba Fitness Aerith	Power Yoga 力量瑜伽 Christina			
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課堂需親臨分店繳交課堂費用)
電話：2157 3719

泰拳課堂 Muay Thai Class							
Time/Date	19/11/2018, Mon	20/11/2018,Tue	21/11/2018,Wed	22/11/2018,Thu	23/11/2018,Fri	24/11/2018,Sat	25/11/2018,Sun
7:00							
7:30							
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	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班
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	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							

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課堂需親臨分店繳交課堂費用)
電話：2157 3719

瑜伽及舞蹈課堂 Dance and Yoga Class							
Time/Date	19/11/2018, Mon	20/11/2018,Tue	21/11/2018,Wed	22/11/2018,Thu	23/11/2018,Fri	24/11/2018,Sat	25/11/2018,Sun
7:00							
7:30		Morning Yoga 早晨瑜伽 JS Lee					
8:00							
8:30							
9:00							
9:30							
10:00						HathaYoga 哈達瑜伽 JS Lee	Yoga Stretch 伸展瑜伽 Annie
10:30							
11:00					Yoga Basic 基礎瑜伽 Esther		
11:30	Hot Detox 高溫排毒 Fiona		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 Esther 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 Christina 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	Detox Yoga 排毒瑜伽 Christina 15:15-16:15	Hatha Yoga 哈達瑜伽 JS Lee 15:15-16:15	Gentle Yoga 和緩瑜伽 Jo Tsang 15:15-16:15		Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Hot Yoga 高溫瑜伽 JS Lee	
15:30							
16:00							
16:30						Gentle Yoga 和緩瑜伽 JS Lee	
17:00							
17:30							
18:00					Rhythm Yoga 節奏瑜伽 Esther		
18:30	Yoga Stretch 伸展瑜伽 Christina	Hot Yoga 高溫瑜伽 Jo Tsang	Hot Slim 高溫瘦身 Fiona	Rhythm Yoga 節奏瑜伽 Christina			
19:00					Hot Detox 高溫排毒 Jo Chan 19:15-20:15		
19:30	Hatha Yoga 哈達瑜伽 Christina 19:45-20:45	Yoga Stretch 伸展瑜伽 Jo Tsang 19:45-20:45	Yoga Therapy 理療瑜伽 Fiona 19:45-20:45	Yoga Basic 基礎瑜伽 Christina 19:45-20:45			
20:00							
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	Zumba Fitness Aerith	Power Yoga 力量瑜伽 Christina			
21:30							

泰拳課堂 Muay Thai Class

Time/Date	26/11/2018, Mon	27/11/2018, Tue	28/11/2018, Wed	29/11/2018, Thu	30/11/2018, Fri
7:00					
7:30					
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
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	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
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					
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		**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					

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課堂需親臨分店繳交課堂費用)
電話：2157 3719

瑜伽及舞蹈課堂 Dance and Yoga Class

Time/Date	26/11/2018, Mon	27/11/2018, Tue	28/11/2018, Wed	29/11/2018, Thu	30/11/2018, Fri
7:00					
7:30		Morning Yoga 早晨瑜伽 JS Lee			
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					Yoga Basic 基礎瑜伽 Esther
11:30	Hot Detox 高溫排毒 Fiona		Core Yoga 核心瑜伽 Jo Tsang		
12:00		Power Lunch 午餐瑜伽 JS Lee 12:15-13:00			Power Lunch 午餐瑜伽 Esther 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 Christina 13:00-13:45				
13:30		Yin Yoga 陰瑜伽 JS Lee			
14:00				Metro Yoga Yoga Moves Murali	
14:30					
15:00	Detox Yoga 排毒瑜伽 Christina 15:15-16:15	Hatha Yoga 哈達瑜伽 JS Lee 15:15-16:15	Gentle Yoga 和緩瑜伽 Jo Tsang 15:15-16:15		Gentle Yoga 和緩瑜伽 Esther 15:15-16:15
15:30					
16:00					
16:30					
17:00					
17:30					
18:00					Rhythm Yoga 節奏瑜伽 Esther
18:30	Yoga Stretch 伸展瑜伽 Christina	Hot Yoga 高溫瑜伽 Jo Tsang	Hot Slim 高溫瘦身 Fiona	Yin Yoga 陰瑜伽 Christina	
19:00					Hot Detox 高溫排毒 Jo Chan 19:15-20:15
19:30	Hatha Yoga 哈達瑜伽 Christina 19:45-20:45	Yoga Stretch 伸展瑜伽 Jo Tsang 19:45-20:45	Yoga Therapy 理療瑜伽 Fiona 19:45-20:45	Yoga Basic 基礎瑜伽 Christina 19:45-20:45	
20:00					
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	Zumba Fitness Aerith	Power Yoga 力量瑜伽 Christina	
21:30					