

泰拳課堂 Muay Thai Class

Time/Date					1/2/2019,Fri	2/2/2019,Sat	3/2/2019,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
13:00							
13:30							
14:00					**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		
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					**高效燃脂操 Fung 19:15-20:00		
19:30							
20:00							
20:30							
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date					1/2/2019,Fri	2/2/2019,Sat	3/2/2019,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 Galle		
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 Galle 12:15-13:00		
12:30							
13:00						Jazz Funk 爵士放克 Michael	
13:30							
14:00							
14:30							
15:00						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					Detox Yoga 排毒瑜伽 Jo Chan	Hatha Yoga 哈達瑜伽 JS Lee	
18:30							
19:00					Hot Detox 高溫排毒 Jo Chan 19:15-20:15		
19:30							
20:00							
20:30					Yoga Therapy 理療瑜伽 Jo Chan		
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：2116 3363

泰拳課堂 Muay Thai Class

Time/Date	4/2/2019, Mon	5/2/2019, Tue	6/2/2019, Wed	7/2/2019, Thu	8/2/2019, Fri	9/2/2019, Sat	10/2/2019, 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
13:00							
13:30							
14:00	**XT45 14:00-14:45 \$ 250/Person			Muay Thai (Lv1) 泰拳初級班	**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					**Funky Muay Thai 放克泰拳 Fung 18:30-19:15		
19:00					**高效燃脂操 Fung 19:15-20:00		
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：2116 3363

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	4/2/2019, Mon	5/2/2019, Tue	6/2/2019, Wed	7/2/2019, Thu	8/2/2019, Fri	9/2/2019, Sat	10/2/2019, 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 Gaile					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 Jo Tsang 12:15-13:00		
12:30							
13:00	**Power Lunch 午餐瑜伽 Gaile 13:00-13:45						Jazz Funk 爵士放克 Scott Choi
13:30							
14:00							
14:30							
15:00							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						Detox Yoga 排毒瑜伽 Jo Chan	Hatha Yoga 哈達瑜伽 JS Lee
18:30						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							
20:00						Yoga Basic 基礎瑜伽 Alex Pang	
20:30						Yoga Therapy 理療瑜伽 Jo Chan	
21:00						Power Yoga 力量瑜伽 Alex Pang 21:15-22:15	
21:30							

泰拳課堂 Muay Thai Class

Time/Date	11/2/2019, Mon	12/2/2019, Tue	13/2/2019, Wed	14/2/2019, Thu	15/2/2019, Fri	16/2/2019, Sat	17/2/2019, 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					**高效燃脂操 Fung 19:15-20:00		
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							

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

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	11/2/2019, Mon	12/2/2019, Tue	13/2/2019, Wed	14/2/2019, Thu	15/2/2019, Fri	16/2/2019, Sat	17/2/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							Yoga Stretch 伸展瑜伽 Jo Chan
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	Bolly Fit 寶萊塢瘦身舞 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			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						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							

2月份課程時間表 (FAC 九龍灣店)
Class Schedule Feb (FAC Kowloon Bay)



泰拳課堂 Muay Thai Class							
Time/Date	18/2/2019, Mon	19/2/2019, Tue	20/2/2019, Wed	21/2/2019, Thu	22/2/2019, Fri	23/2/2019, Sat	24/2/2019, 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				
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	18/2/2019, Mon	19/2/2019, Tue	20/2/2019, Wed	21/2/2019, Thu	22/2/2019, Fri	23/2/2019, Sat	24/2/2019, 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	Bolly Fit 寶萊塢瘦身舞 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			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						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	25/2/2019, Mon	26/2/2019, Tue	27/2/2019, Wed	28/2/2019, Thu			
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 (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	25/2/2019, Mon	26/2/2019, Tue	27/2/2019, Wed	28/2/2019, 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	Bolly Fit 寶萊塢瘦身舞 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
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