

泰拳課堂 Muay Thai Class							
Time/Date	1/4/2019, Mon	2/4/2019, Tue	3/4/2019, Wed	4/4/2019, Thu	5/4/2019, Fri	6/4/2019, Sat	7/4/2019, 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	Muay Thai (Lv1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (Lv1) 泰拳初級班
14:30							
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		Brazilian jiu-jitsu 巴西柔術	
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	Brazilian jiu-jitsu 巴西柔術	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	1/4/2019, Mon	2/4/2019, Tue	3/4/2019, Wed	4/4/2019, Thu	5/4/2019, Fri	6/4/2019, Sat	7/4/2019, 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 Annie 11:45-12:45
12:00		**Power Lunch 午餐瑜伽 Manish 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 Manish					
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						Gentle Yoga 和緩瑜伽 JS Lee	
16:30							
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			
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	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	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			
21:30							

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：2157 3719

泰拳課堂 Muay Thai Class

Time/Date	8/4/2019,Mon	9/4/2019,Tue	10/4/2019,Wed	11/4/2019,Thu	12/4/2019,Fri	13/4/2019,Sat	14/4/2019,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	Brazilian jiu-jitsu 巴西柔術	
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	Brazilian jiu-jitsu 巴西柔術	Muay Thai (LV2) 泰拳中級班		**Funky Muay Thai 放克泰拳 Fung 18:30-19:15		
19:00					**Sweat Time (HIIT) 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							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	8/4/2019,Mon	9/4/2019,Tue	10/4/2019,Wed	11/4/2019,Thu	12/4/2019,Fri	13/4/2019,Sat	14/4/2019,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 Annie 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				Flow Yoga 流瑜伽 Manish			
14:30							
15:00	Gentle Yoga 和緩瑜伽 Manish		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	Power Yoga 力量瑜伽 Manish						
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	Yoga Stretch 伸展瑜伽 Manish			
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 Angel Wong 19:45-20:45	Yoga Therapy 理療瑜伽 Jo Chan 19:45-20:45	Yoga Basic 基礎瑜伽 Manish 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 Angel Wong	K-pop 韓國流行舞蹈 Scott Choi	Power Yoga 力量瑜伽 Manish			
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：2157 3719

泰拳課堂 Muay Thai Class

Time/Date	15/4/2019, Mon	16/4/2019, Tue	17/4/2019, Wed	18/4/2019, Thu	19/4/2019, Fri	20/4/2019, Sat	21/4/2019, 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 (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	Muay Thai (Lv1) 泰拳初級班	Muay Thai (Lv1) 泰拳初級班	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			
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	Muay Thai (Lv1) 泰拳初級班
18:30	Muay Thai (LV2) 泰拳中級班	Brazilian jiu-jitsu 巴西柔術	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				
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：2157 3719

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	15/4/2019, Mon	16/4/2019, Tue	17/4/2019, Wed	18/4/2019, Thu	19/4/2019, Fri	20/4/2019, Sat	21/4/2019, 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 Annie 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					Megadanz 熱力勁舞 Carl	
13:30		Yin Yoga 陰瑜伽 Js Lee					
14:00				Flow Yoga 流瑜伽 Manish			
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		Power Yoga 力量瑜伽 Js Lee					
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				
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							
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				
21:30							

4月份課程時間表 (FAC 九龍灣店)  
Class Schedule Apr (FAC Kowloon Bay)



泰拳課堂 Muay Thai Class							
Time/Date	22/4/2019, Mon	23/4/2019, Tue	24/4/2019, Wed	25/4/2019, Thu	26/4/2019, Fri	27/4/2019, Sat	28/4/2019, 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	**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	Brazilian jiu-jitsu 巴西柔術	
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		Brazilian jiu-jitsu 巴西柔術	Muay Thai (LV2) 泰拳中級班		**Funky Muay Thai 放克泰拳 Fung 18:30-19:15 **Sweat Time (HIIT) 高效燃脂操 Fung 19:15-20:00		
19:00							
19:30							
20:00		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：2157 3719

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	22/4/2019, Mon	23/4/2019, Tue	24/4/2019, Wed	25/4/2019, Thu	26/4/2019, Fri	27/4/2019, Sat	28/4/2019, 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 Ada Lin		
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 Annie 11:45-12:45
12:00		**Power Lunch 午餐瑜伽 Js Lee 12:15-13:00			**Power Lunch 午餐瑜伽 Ada Lin 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				Hot Yoga 高溫瑜伽 Js Lee			
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 Angela	Hot Yoga 高溫瑜伽 Carol Tai	Hot Stretch 高溫伸展 Jo Chan	Yoga Stretch 伸展瑜伽 Js Lee			
19:00					Hot Detox 高溫排毒 Jo Chan 19:15-20:15		
19:30	Flow Yoga 流瑜伽 Angela 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	Yoga Basic 基礎瑜伽 Js Lee 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	K-pop 韓國流行舞蹈 Scott Choi	Power Yoga 力量瑜伽 Js Lee			
21:30							

泰拳課堂 Muay Thai Class

Time/Date	29/4/2019, Mon	30/4/2019, Tue				
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				
13:00						
13:30						
14:00	**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				
16:00						
16:30						
17:00						
17:30						
18:00						
18:30	Muay Thai (LV2) 泰拳中級班	Brazilian jiu-jitsu 巴西柔術				
19:00						
19:30						
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	29/4/2019, Mon	30/4/2019, Tue				
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 Manish					
12:00		**Power Lunch 午餐瑜伽 Js Lee 12:15-13:00				
12:30						
13:00	**Power Lunch 午餐瑜伽 Manish 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 Manish					
15:30						
16:00						
16:30						
17:00	Power Yoga 力量瑜伽 Manish					
17:30						
18:00						
18:30	Yoga Stretch 伸展瑜伽 Angel Wong	Hot Yoga 高溫瑜伽 Angel Wong				
19:00						
19:30	Flow Yoga 流瑜伽 Angel Wong 19:45-20:45	Yoga Stretch 伸展瑜伽 Js Lee 19:45-20:45				
20:00						
20:30						
21:00	Bolly Fit 寶萊塢瘦身舞 Jeet	Flow Yoga 流瑜伽 Js Lee				
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：2157 3719