

泰拳課堂 Muay Thai Class

Time/Date	1/5/2019,Wed	2/5/2019,Thu	3/5/2019,Fri	4/5/2019,Sat	5/5/2019,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	Muay Thai (Lv1) 泰拳初級班	**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		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	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			**Sweat Time (HIIT) 高效燃脂操 Fung 19:15-20:00		
19:30					
20:00		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 (進階課程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	1/5/2019,Wed	2/5/2019,Thu	3/5/2019,Fri	4/5/2019,Sat	5/5/2019,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 Manish		
11:30	Core Yoga 核心瑜伽 Js Lee			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		
12:30	**Power Lunch 午餐瑜伽 Js Lee 12:45-13:30	Bolly Fit 寶萊塢瘦身舞 Jeet			
13:00				Jazz Funk 爵士放克 Michael	
13:30					
14:00					
14:30		Yin Yoga 陰瑜伽 Manish			
15:00	Gentle Yoga 和緩瑜伽 Js Lee 15:15-16:15		Yin Yoga 陰瑜伽 Manish	Hot Yoga 高溫瑜伽 JS Lee	
15:30					
16:00			Hatha Yoga 哈達瑜伽 Manish 16:15-17:15		
16:30				Gentle Yoga 和緩瑜伽 JS Lee	
17:00		Hatha Yoga 哈達瑜伽 Manish			
17:30					
18:00			Detox Yoga 排毒瑜伽 Jo Chan	Hatha Yoga 哈達瑜伽 JS Lee	
18:30	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 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			Yoga Therapy 理療瑜伽 Jo Chan		
20:30					
21:00	K-pop 韓國流行舞蹈 Sharon	Power Yoga 力量瑜伽 Alex Pang			
21:30					

泰拳課堂 Muay Thai Class

Time/Date	6/5/2019, Mon	7/5/2019, Tue	8/5/2019, Wed	9/5/2019, Thu	10/5/2019, Fri	11/5/2019, Sat	12/5/2019, 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	6/5/2019, Mon	7/5/2019, Tue	8/5/2019, Wed	9/5/2019, Thu	10/5/2019, Fri	11/5/2019, Sat	12/5/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							Yoga Stretch 伸展瑜伽 Ringo Wong
11:00					Yoga Basic 基礎瑜伽 Ringo Wong		
11:30	Hot Detox 高溫排毒 Manish		Core Yoga 核心瑜伽 Js Lee			Yoga Stretch 伸展瑜伽 JS Lee	Detox Yoga 排毒瑜伽 Ringo Wong 11:45-12:45
12:00		**Power Lunch 午餐瑜伽 JS Lee 12:15-13:00			**Power Lunch 午餐瑜伽 Ringo Wong 12:15-13:00		
12:30			**Power Lunch 午餐瑜伽 Js Lee 12:45-13:30	Bolly Fit 寶萊塢瘦身舞 Jeet			
13:00	**Power Lunch 午餐瑜伽 Manish 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 Js Lee 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				Hatha Yoga 哈達瑜伽 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 Angela	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 Manish 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 Manish	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	13/5/2019, Mon	14/5/2019, Tue	15/5/2019, Wed	16/5/2019, Thu	17/5/2019, Fri	18/5/2019, Sat	19/5/2019, 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		
19:00					**Sweat Time (HIIT) 高效燃脂操 Fung 19:15-20:00		
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							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	13/5/2019, Mon	14/5/2019, Tue	15/5/2019, Wed	16/5/2019, Thu	17/5/2019, Fri	18/5/2019, Sat	19/5/2019, 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 Carol Tai		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 Carol Tai 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		Power Yoga 力量瑜伽 Js Lee					
16:00							
16:30						Gentle Yoga 和緩瑜伽 JS Lee	
17:00		Hatha Yoga 哈達瑜伽 Js Lee					
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	20/5/2019, Mon	21/5/2019, Tue	22/5/2019, Wed	23/5/2019, Thu	24/5/2019, Fri	25/5/2019, Sat	26/5/2019, 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 **Sweat Time (HIIT) 高效燃脂操 Fung 19:15-20:00		
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							

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	20/5/2019, Mon	21/5/2019, Tue	22/5/2019, Wed	23/5/2019, Thu	24/5/2019, Fri	25/5/2019, Sat	26/5/2019, 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 12:45-13:30		**Power Lunch 午餐瑜伽 Jo Tsang 12:15-13:00	
12:30				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 Manish		
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					Yoga Stretch 伸展瑜伽 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	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							

泰拳課堂 Muay Thai Class

Time/Date	27/5/2019, Mon	28/5/2019, Tue	29/5/2019, Wed	30/5/2019, Thu	31/5/2019, Fri
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
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	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 (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：2157 3719

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	27/5/2019, Mon	28/5/2019, Tue	29/5/2019, Wed	30/5/2019, Thu	31/5/2019, Fri
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
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		
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				
13:30		Yin Yoga 陰瑜伽 Js Lee			
14:00					
14:30					
15:00	Gentle Yoga 和緩瑜伽 Manish		Gentle Yoga 和緩瑜伽 Jo Tsang 15:15-16:15		
15:30					
16:00					
16:30					
17:00	Power Yoga 力量瑜伽 Jo Tsang				
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	
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					