

泰拳課堂 Muay Thai Class

Time/Date	1/9/2019,Sun
7:00	
7:30	
8:00	
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12:00	
12:30	Muay Thai (LV1) 泰拳初級班
13:00	
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14:00	Muay Thai (LV1) 泰拳初級班
14:30	
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16:30	Muay Thai (LV1) 泰拳初級班
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18:00	Muay Thai (LV1) 泰拳初級班
18:30	
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瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	1/9/2019,Sun
7:00	
7:30	
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9:00	
9:30	
10:00	
10:30	Yoga Stretch 伸展瑜伽 Jessica
11:00	
11:30	Detox Yoga 排毒瑜伽 Jessica 11:45-12:45
12:00	
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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	2/9/2019, Mon	3/9/2019, Tue	4/9/2019, Wed	5/9/2019, Thu	6/9/2019, Fri	7/9/2019, Sat	8/9/2019, Sun
7:00							
7:30							
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10:00							
10:30						Muay Thai (LV1) 泰拳初級班	
11:00							
11:30							
12:00		**Push, Stretch, Sweat (HIIT) Canga 12:00-12:30		**Push, Stretch, Sweat (HIIT) Canga 12:00-12:30			
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 (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		**Push, Stretch, Sweat (HIIT) Canga 18:30-19:00					
19:00	Brazilian jiu-jitsu 巴西柔術	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	**Push, Stretch, Sweat (HIIT) Canga 19:00-19:30	**Sweat Time (HIIT) 高效燃脂操 Fung 19:00-19:45		
19:30					**Funky Muay Thai 放克泰拳 Fung 19:45-20:30		
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	2/9/2019, Mon	3/9/2019, Tue	4/9/2019, Wed	5/9/2019, Thu	6/9/2019, Fri	7/9/2019, Sat	8/9/2019, Sun
7:00							
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10:00							
10:30							Yoga Stretch 伸展瑜伽 Annie
11:00					Yoga Basic 基礎瑜伽 Jo Tsang	Yoga Stretch 伸展瑜伽 JS Lee	
11:30	Hot Detox 高溫排毒 Jo Tsang		Core Yoga 核心瑜伽 Jo Tsang				Yoga Wheel Basic 初級瑜伽輪 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	**Maximum Burn Canga 12:15-12:45	
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		Yoga Wheel Basic 初級瑜伽輪 Manish					
14:00							
14:30	Hatha Yoga 哈達瑜伽 Manish						
15:00		Hatha Yoga 哈達瑜伽 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	Ashtanga Vinyasa 阿斯湯加瑜伽 Manish						
16:30						Gentle Yoga 和緩瑜伽 JS Lee	
17:00		Ashtanga Vinyasa 阿斯湯加瑜伽 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	Hatha Yoga 哈達瑜伽 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	**Maximum Burn Canga 19:15-19:45	
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 Wheel Basic 初級瑜伽輪 Alex Pang 19:45-20:45			
20:00							
20:30					Warm and Relaxing Stretch 和緩伸展 Jo Chan		
21:00	Bolly Fit 寶萊塢瘦身舞 Jeet	Flow Yoga 流瑜伽 Jo Tsang	Megadanz 熱力勁舞 Carl	Yoga Stretch 伸展瑜伽 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	9/9/2019, Mon	10/9/2019, Tue	11/9/2019, Wed	12/9/2019, Thu	13/9/2019, Fri	14/9/2019, Sat	15/9/2019, Sun
7:00							
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12:00		**Push, Stretch, Sweat (HIIT) Canga 12:00-12:30		**Push, Stretch, Sweat (HIIT) Canga 12:00-12:30			
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	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	Muay Thai (LV1) 泰拳初級班
18:30		**Push, Stretch, Sweat (HIIT) Canga 18:30-19:00					
19:00	Brazilian jiu-jitsu 巴西柔術	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	**Push, Stretch, Sweat (HIIT) Canga 19:00-19:30	**Sweat Time (HIIT) 高效燃脂操 Fung 19:00-19:45		
19:30					**Funky Muay Thai 放克泰拳 Fung 19:45-20:30		
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	9/9/2019, Mon	10/9/2019, Tue	11/9/2019, Wed	12/9/2019, Thu	13/9/2019, Fri	14/9/2019, Sat	15/9/2019, Sun
7:00							
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10:00							
10:30							Yoga Stretch 伸展瑜伽 Jessica
11:00					Yoga Basic 基礎瑜伽 Jo Tsang	Yoga Stretch 伸展瑜伽 JS Lee	
11:30	Hot Detox 高溫排毒 Jo Tsang		Core Yoga 核心瑜伽 Jo Tsang				Detox Yoga 排毒瑜伽 Jessica 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	**Maximum Burn Canga 12:15-12:45	
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		Yoga Wheel Basic 初級瑜伽輪 Manish					
14:00							
14:30	Hatha Yoga 哈達瑜伽 Manish						
15:00		Hatha Yoga 哈達瑜伽 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	Ashtanga Vinyasa 阿斯湯加瑜伽 Manish						
16:30						Gentle Yoga 和緩瑜伽 JS Lee	
17:00		Ashtanga Vinyasa 阿斯湯加瑜伽 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	Hatha Yoga 哈達瑜伽 Angel Wong	Hot Stretch 高溫伸展 Jo Chan	Myofascial Release 肌筋膜放鬆術 Annie			
19:00					Hot Detox 高溫排毒 Jo Chan 19:15-20:15	**Maximum Burn Canga 19:15-19:45	
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 治療瑜伽 Jo Chan 19:45-20:45	Yoga Wheel Basic 初級瑜伽輪 Annie 19:45-20:45			
20:00							
20:30					Warm and Relaxing Stretch 和緩伸展 Jo Chan		
21:00	Bolly Fit 寶萊塢瘦身舞 Jeet	Flow Yoga 流瑜伽 Jo Tsang	Megadanz 熱力勁舞 Carl	Yoga Stretch 伸展瑜伽 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

泰拳課堂 Muay Thai Class

Time/Date	16/9/2019, Mon	17/9/2019, Tue	18/9/2019, Wed	19/9/2019, Thu	20/9/2019, Fri	21/9/2019, Sat	22/9/2019, Sun
7:00							
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10:00							
10:30						Muay Thai (LV1) 泰拳初級班	
11:00							
11:30							
12:00		**Push, Stretch, Sweat (HIIT) Canga 12:00-12:30		**Push, Stretch, Sweat (HIIT) Canga 12:00-12:30			
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 (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		**Push, Stretch, Sweat (HIIT) Canga 18:30-19:00					
19:00	Brazilian jiu-jitsu 巴西柔術	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	**Push, Stretch, Sweat (HIIT) Canga 19:00-19:30	**Sweat Time (HIIT) 高效燃脂操 Fung 19:00-19:45		
19:30					**Funky Muay Thai 放克泰拳 Fung 19:45-20:30		
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	16/9/2019, Mon	17/9/2019, Tue	18/9/2019, Wed	19/9/2019, Thu	20/9/2019, Fri	21/9/2019, Sat	22/9/2019, Sun
7:00							
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10:00							
10:30							Yoga Stretch 伸展瑜伽 Annie
11:00					Yoga Basic 基礎瑜伽 Jo Tsang	Yoga Stretch 伸展瑜伽 JS Lee	
11:30	Hot Detox 高溫排毒 Jo Tsang		Core Yoga 核心瑜伽 Jo Tsang				Yoga Wheel Basic 初級瑜伽輪 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							
14:30							
15:00		Gentle Yoga 和緩瑜伽 JS Lee	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		Ashtanga Vinyasa 阿斯湯加瑜伽 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	Hatha Yoga 哈達瑜伽 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 Carol Tai 19:45-20:45	Yoga Therapy 理療瑜伽 Jo Chan 19:45-20:45	Yoga Wheel Basic 初級瑜伽輪 Alex Pang 19:45-20:45			
20:00							
20:30						Warm and Relaxing Stretch 和緩伸展 Jo Chan	
21:00	Bolly Fit 寶萊塢瘦身舞 Jeet	Flow Yoga 流瑜伽 Carol Tai	K-Pop 韓國流行舞蹈 Scott Choi	Yoga Stretch 伸展瑜伽 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 (進階課程需親臨分店繳交課堂費用)
電話：2157 3719

泰拳課堂 Muay Thai Class

Time/Date	23/9/2019, Mon	24/9/2019, Tue	25/9/2019, Wed	26/9/2019, Thu	27/9/2019, Fri	28/9/2019, Sat	29/9/2019, Sun
7:00							
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10:00							
10:30						Muay Thai (LV1) 泰拳初級班	
11:00							
11:30							
12:00		**Push, Stretch, Sweat (HIIT) Canga 12:00-12:30		**Push, Stretch, Sweat (HIIT) Canga 12:00-12:30			
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 (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		**Push, Stretch, Sweat (HIIT) Canga 18:30-19:00					
19:00	Brazilian jiu-jitsu 巴西柔術	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	**Push, Stretch, Sweat (HIIT) Canga 19:00-19:30	**Sweat Time (HIIT) 高效燃脂操 Fung 19:00-19:45		
19:30					**Funky Muay Thai 放克泰拳 Fung 19:45-20:30		
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	23/9/2019, Mon	24/9/2019, Tue	25/9/2019, Wed	26/9/2019, Thu	27/9/2019, Fri	28/9/2019, Sat	29/9/2019, Sun
7:00							
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10:00							
10:30							Yoga Stretch 伸展瑜伽 Annie
11:00					Yoga Basic 基礎瑜伽 Jo Tsang	Yoga Stretch 伸展瑜伽 Manish	
11:30	Hot Detox 高溫排毒 Jo Tsang		Core Yoga 核心瑜伽 Jo Tsang				Yoga Wheel Basic 初級瑜伽輪 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	**Maximum Burn Canga 12:15-12:45	
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		Yoga Wheel Basic 初級瑜伽輪 Manish					
14:00							
14:30							
15:00		Hatha Yoga 哈達瑜伽 Manish	Gentle Yoga 和緩瑜伽 Jo Tsang 15:15-16:15			Hot Yoga 高溫瑜伽 Manish	
15:30							
16:00							
16:30		Ashtanga Vinyasa 阿斯湯加瑜伽 Manish				Ashtanga Vinyasa 阿斯湯加瑜伽 Manish	
17:00							
17:30							
18:00					Detox Yoga 排毒瑜伽 Jo Chan	Hatha Yoga 哈達瑜伽 Manish	
18:30	Yoga Stretch 伸展瑜伽 Angel Wong	Hatha Yoga 哈達瑜伽 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	**Maximum Burn Canga 19:15-19:45	
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 Wheel Basic 初級瑜伽輪 Alex Pang 19:45-20:45			
20:00							
20:30					Warm and Relaxing Stretch 和暖伸展 Jo Chan		
21:00	Bolly Fit 寶萊塢瘦身舞 Jeet	Flow Yoga 流瑜伽 Jo Tsang	Megadanz 熱力勁舞 Carl	Yoga Stretch 伸展瑜伽 Alex Pang			
21:30							

泰拳課堂 Muay Thai Class

Time/Date	30/9/2019, Mon						
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						
13:00							
13:30							
14:00							
14:30							
15:00							
15:30	Muay Thai (LV1) 泰拳初級班						
16:00							
16:30							
17:00							
17:30							
18:00							
18:30							
19:00	Brazilian jiu-jitsu 巴西柔術						
19:30							
20:00	Muay Thai (LV1) 泰拳初級班						
20:30							
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	30/9/2019, Mon						
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						
12:00							
12:30							
13:00	**Power Lunch 午餐瑜伽 Jo Tsang 13:00-13:45						
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00							
18:30	Yoga Stretch 伸展瑜伽 Angel Wong						
19:00							
19:30	Flow Yoga 流瑜伽 Angel Wong 19:45-20:45						
20:00							
20:30							
21:00	Bolly Fit 寶萊塢瘦身舞 Jeet						
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