

1月份課程時間表 (FAC 觀塘店)
Class Schedule Jan (FAC Kwun Tong)



泰拳課堂 Muay Thai Class						
Time/Date	1/1/2019,Tue	2/1/2019,Wed	3/1/2019,Thu	4/1/2019,Fri	5/1/2019,Sat	6/1/2019,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			
10:30						
11:00				Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	**TRX \$200堂 /lesson Herry So 11:00-12:30
11:30						
12:00						
12:30		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 12:30-13:45	**Muay Thai (LV2) 泰拳中級班 12:30-13:45	
13:00	Muay Thai (LV1) 泰拳初級班					Muay Thai (LV1) 泰拳初級班
13:30						
14:00						
14:30	**Muay Thai (LV2) 泰拳中級班 14:30-15:45				Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 14:30-15:45
15:00		Muay Thai (LV1) 泰拳初級班	Western Boxing Classes 西洋拳擊課程	Western Boxing Classes 西洋拳擊課程		
15:30						
16:00				Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
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		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		
17:30			Muay Thai (LV1) 泰拳初級班			
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	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
18:30			Muay Thai (LV1) 泰拳初級班			
19:00	Muay Thai (LV1) 泰拳初級班	TRX \$200堂/lesson Herry So 19:00-20:30			**Muay Thai (LV2) 泰拳中級班 19:00-20:15	Muay Thai (LV1) 泰拳初級班
19:30		Muay Thai (LV1) 泰拳初級班	**TRX \$200堂/lesson Herry So 19:30- 21:00 / **自衛術 Self-defense 19:30-21:00			
20:00				**Muay Thai (LV3) 泰拳高級班 20:00-21:15		
20:30		Muay Thai Fighting 泰拳格鬥班 (不適合初學者) / Combat 搏鬥		**Combat 搏鬥 20:30-21:30		
21:00			Muay Thai (LV1) 泰拳初級班			
21:30		Muay Thai (LV1) 泰拳初級班				

瑜伽及舞蹈課堂 Yoga and Dance Class						
Time/Date	1/1/2019,Tue	2/1/2019,Wed	3/1/2019,Thu	4/1/2019,Fri	5/1/2019,Sat	6/1/2019,Sun
7:00						
7:30			Morning Yoga 早晨瑜伽 Shin			
8:00						
8:30						
9:00						
9:30						
10:00						
10:30						
11:00		Myofascial Release 肌筋膜放鬆術 Katherine			Cardio Funky 帶氣瘦身舞 Joanne	
11:30						Cardio Funky 帶氣瘦身舞 Eddy
12:00						
12:30		Pilates Mat Work 墊上彼拉提斯 April	Yin Yoga 陰瑜伽 Ringo	Funky Dance 放克舞 Eddy	Yoga Therapy 理療瑜伽 Joyce Ho	
13:00						Pilates Mat Work 墊上彼拉提斯 April
13:30			Hatha Yoga 哈達瑜伽 Ringo 13:45-14:45			
14:00						Yoga Stretch 伸展瑜伽 April 14:10-15:10
14:30					Hatha Yoga 哈達瑜伽 Jennifer 14:50-15:50	
15:00						
15:30						
16:00					Yin Yoga 陰瑜伽 Jennifer	
16:30			Hatha Yoga 哈達瑜伽 Daisy			
17:00						
17:30			Yoga Stretch 伸展瑜伽 April 17:40-18:40			
18:00						
18:30		Yoga Stretch 伸展瑜伽 Shin	Flow Yoga 流瑜伽 Ringo			
19:00				Myofascial Release 肌筋膜放鬆術 Joyce Ho 19:20-20:20		
19:30		Flow Yoga 流瑜伽 Shin	Gentle Yoga 和緩瑜伽 Ringo			
20:00						
20:30				Cardio Funky 帶氣瘦身舞 Eddy 20:40-21:40		
21:00					Capoeira 巴西戰舞 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	7/1/2019, Mon	8/1/2019, Tue	9/1/2019, Wed	10/1/2019, Thu	11/1/2019, Fri	12/1/2019, Sat	13/1/2019, 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					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	**TRX \$200堂/lesson Herry So 11:00-12:30
11:30							
12:00							
12:30	Muay Thai (LV2) 泰拳中級班	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 (LV2) 泰拳中級班 12:30-13:45	**Muay Thai (LV2) 泰拳中級班 12:30-13:45	
13:00							Muay Thai (LV1) 泰拳初級班
13:30							
14:00							
14:30						Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 14:30-15:45
15:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Western Boxing Classes 西洋拳擊課程	Western Boxing Classes 西洋拳擊課程		
15:30							
16:00	Muay Thai (LV1) 泰拳初級班				Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
16:30				Muay Thai (LV1) 泰拳初級班			Muay Thai (LV1) 泰拳初級班
17:00	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		
17:30				Muay Thai (LV1) 泰拳初級班			
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		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 (LV1) 泰拳初級班			
19:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	TRX \$200堂/lesson Herry So 19:00-20:30			**Muay Thai (LV2) 泰拳中級班 19:00-20:15	Muay Thai (LV1) 泰拳初級班
19:30			Muay Thai (LV1) 泰拳初級班	**TRX \$200堂/lesson Herry So 19:30- 21:00 / **自衛術 Self-defense 19:30-21:00			
20:00		Muay Thai (LV1) 泰拳初級班			**Muay Thai (LV3) 泰拳高級班 20:00-21:15		
20:30	Muay Thai (LV1) 泰拳初級班		Muay Thai Fighting 泰拳格鬥班 (不適合初學者) / Combat 搏鬥		**Combat 搏鬥 20:30-21:30		
21:00		Tai Chi 太極 21:10-22:10		Muay Thai (LV1) 泰拳初級班			
21:30			Muay Thai (LV1) 泰拳初級班				

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	7/1/2019, Mon	8/1/2019, Tue	9/1/2019, Wed	10/1/2019, Thu	11/1/2019, Fri	12/1/2019, Sat	13/1/2019, Sun
7:00							
7:30				Morning Yoga 早晨瑜伽 Shin			
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00						Cardio Funky 帶氣瘦身舞 Joanne	
11:30							Cardio Funky 帶氣瘦身舞 Eddy
12:00							
12:30	**Power Lunch 午餐瑜伽 Ringo 12:30-13:15		Pilates Mat Work 墊上彼拉提斯 April	Yin Yoga 陰瑜伽 Ringo	Funky Dance 放克舞 Eddy	Yoga Therapy 理療瑜伽 Joyce Ho	
13:00							Pilates Mat Work 墊上彼拉提斯 April
13:30				Hatha Yoga 哈達瑜伽 Ringo 13:45-14:45			
14:00							Yoga Stretch 伸展瑜伽 April 14:10-15:10
14:30						Hatha Yoga 哈達瑜伽 Mandy W 14:50-15:50	
15:00							
15:30							
16:00						Yin Yoga 陰瑜伽 Katherine	
16:30							
17:00							
17:30							
18:00							
18:30			Yoga Stretch 伸展瑜伽 Shin	Flow Yoga 流瑜伽 Ringo			
19:00		Hatha Yoga 哈達瑜伽 Daisy			Myofascial Release 肌筋膜放鬆術 Joyce Ho 19:20-20:20		
19:30			Flow Yoga 流瑜伽 Shin	Gentle Yoga 和緩瑜伽 Ringo			
20:00		Funky Dance 放克舞 Joanne 20:10-21:10					
20:30	Yoga Stretch 伸展瑜伽 Daisy 20:40 - 21:40			Cardio Funky 帶氣瘦身舞 Eddy 20:40-21:40			
21:00		Cardio Funky 帶氣瘦身舞 Joanne 21:10-22:10			Capoeria 巴西戰舞 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	14/1/2019, Mon	15/1/2019, Tue	16/1/2019, Wed	17/1/2019, Thu	18/1/2019, Fri	19/1/2019, Sat	20/1/2019, 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					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	**TRX \$200堂/lesson Herry So 11:00-12:30
11:30							
12:00							
12:30	Muay Thai (LV2) 泰拳中級班	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 (LV2) 泰拳中級班 12:30-13:45	**Muay Thai (LV2) 泰拳中級班 12:30-13:45	
13:00							Muay Thai (LV1) 泰拳初級班
13:30							
14:00							
14:30						Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 14:30-15:45
15:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Western Boxing Classes 西洋拳擊課程	Western Boxing Classes 西洋拳擊課程		
15:30							
16:00	Muay Thai (LV1) 泰拳初級班				Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
16:30				Muay Thai (LV1) 泰拳初級班			Muay Thai (LV1) 泰拳初級班
17:00	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		
17:30				Muay Thai (LV1) 泰拳初級班			
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		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 (LV1) 泰拳初級班			
19:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	TRX \$200堂/lesson Herry So 19:00-20:30			**Muay Thai (LV2) 泰拳中級班 19:00-20:15	Muay Thai (LV1) 泰拳初級班
19:30			Muay Thai (LV1) 泰拳初級班	**TRX \$200堂/lesson Herry So 19:30- 21:00 / **自衛術 Self-defense 19:30-21:00			
20:00		Muay Thai (LV1) 泰拳初級班			**Muay Thai (LV3) 泰拳高級班 20:00-21:15		
20:30	Muay Thai (LV1) 泰拳初級班		Muay Thai Fighting 泰拳格鬥班 (不適合初學者) / Combat 搏鬥		**Combat 搏鬥 20:30-21:30		
21:00		Tai Chi 太極 21:10-22:10		Muay Thai (LV1) 泰拳初級班			
21:30			Muay Thai (LV1) 泰拳初級班				

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	14/1/2019, Mon	15/1/2019, Tue	16/1/2019, Wed	17/1/2019, Thu	18/1/2019, Fri	19/1/2019, Sat	20/1/2019, Sun
7:00							
7:30				Morning Yoga 早晨瑜伽 Shin			
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00						Cardio Funky 帶氣瘦身舞 Joanne	
11:30							Cardio Funky 帶氣瘦身舞 Eddy
12:00							
12:30	**Power Lunch 午餐瑜伽 Ringo 12:30-13:15		Pilates Mat Work 墊上彼拉提斯 April	Yin Yoga 陰瑜伽 Ringo	Funky Dance 放克舞 Eddy	Yoga Therapy 治療瑜伽 Joyce Ho	
13:00							Pilates Mat Work 墊上彼拉提斯 April
13:30				Hatha Yoga 哈達瑜伽 Ringo 13:45-14:45			
14:00							Yoga Stretch 伸展瑜伽 April 14:10-15:10
14:30						Hatha Yoga 哈達瑜伽 Jennifer 14:50-15:50	
15:00							
15:30							
16:00						Yin Yoga 陰瑜伽 Jennifer	
16:30							
17:00							
17:30							
18:00							
18:30				Yoga Stretch 伸展瑜伽 Shin	Flow Yoga 流瑜伽 Ringo		
19:00		Hatha Yoga 哈達瑜伽 Daisy			Myofascial Release 肌筋膜放鬆術 Joyce Ho 19:20-20:20		
19:30			Flow Yoga 流瑜伽 Shin	Gentle Yoga 和緩瑜伽 Ringo			
20:00							
20:30	Yoga Stretch 伸展瑜伽 Daisy 20:40 - 21:40				Cardio Funky 帶氣瘦身舞 Eddy 20:40-21:40		
21:00		Cardio Funky 帶氣瘦身舞 Joanne 21:10-22:10				Capoeria 巴西戰舞 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

1月份課程時間表 (FAC 觀塘店)
Class Schedule Jan (FAC Kwun Tong)



泰拳課堂 Muay Thai Class							
Time/Date	21/1/2019, Mon	22/1/2019, Tue	23/1/2019, Wed	24/1/2019, Thu	25/1/2019, Fri	26/1/2019, Sat	27/1/2019, 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					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	**TRX \$200堂/lesson Herry So 11:00-12:30
11:30							
12:00							
12:30	Muay Thai (LV2) 泰拳中級班	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 (LV2) 泰拳中級班 12:30-13:45	**Muay Thai (LV2) 泰拳中級班 12:30-13:45	
13:00							Muay Thai (LV1) 泰拳初級班
13:30							
14:00							
14:30						Muay Thai (LV1) 泰拳初級班	**Muay Thai (LV2) 泰拳中級班 14:30-15:45
15:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Western Boxing Classes 西洋拳擊課程	Western Boxing Classes 西洋拳擊課程		
15:30							
16:00	Muay Thai (LV1) 泰拳初級班				Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
16:30				Muay Thai (LV1) 泰拳初級班			Muay Thai (LV1) 泰拳初級班
17:00	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		
17:30				Muay Thai (LV1) 泰拳初級班			
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		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 (LV1) 泰拳初級班			
19:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	TRX \$200堂/lesson Herry So 19:00-20:30			**Muay Thai (LV2) 泰拳中級班 19:00-20:15	Muay Thai (LV1) 泰拳初級班
19:30			Muay Thai (LV1) 泰拳初級班	**TRX \$200堂/lesson Herry So 19:30- 21:00 / **自衛術 Self-defense 19:30-21:00			
20:00		Muay Thai (LV1) 泰拳初級班			**Muay Thai (LV3) 泰拳高級班 20:00-21:15		
20:30	Muay Thai (LV1) 泰拳初級班		Muay Thai Fighting 泰拳格鬥班 (不適合初學者) / Combat 搏鬥		**Combat 搏鬥 20:30-21:30		

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	21/1/2019, Mon	22/1/2019, Tue	23/1/2019, Wed	24/1/2019, Thu	25/1/2019, Fri	26/1/2019, Sat	27/1/2019, Sun
7:00							
7:30				Morning Yoga 早晨瑜伽 Shin			
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00						Cardio Funky 帶氣瘦身舞 Joanne	
11:30							Cardio Funky 帶氣瘦身舞 Eddy
12:00							
12:30	**Power Lunch 午餐瑜伽 Ringo 12:30-13:15		Pilates Mat Work 墊上彼拉提斯 April	Yin Yoga 陰瑜伽 Ringo	Funky Dance 放克舞 Eddy	Yoga Therapy 理療瑜伽 Joyce Ho	
13:00							Pilates Mat Work 墊上彼拉提斯 April
13:30				Hatha Yoga 哈達瑜伽 Ringo 13:45-14:45			
14:00							Yoga Stretch 伸展瑜伽 April 14:10-15:10
14:30						Hatha Yoga 哈達瑜伽 Jennifer 14:50-15:50	
15:00							
15:30							
16:00						Yin Yoga 陰瑜伽 Jennifer	
16:30							
17:00							
17:30							
18:00							
18:30				Yoga Stretch 伸展瑜伽 Shin	Flow Yoga 流瑜伽 Ringo		
19:00		Hatha Yoga 哈達瑜伽 Daisy			Myofascial Release 肌筋膜放鬆術 Joyce Ho 19:20-20:20		
19:30			Flow Yoga 流瑜伽 Shin	Gentle Yoga 和緩瑜伽 Ringo			
20:00							
20:30	Yoga Stretch 伸展瑜伽 Daisy 20:40 - 21:40					Cardio Funky 帶氣瘦身舞 Eddy 20:40-21:40	

21:00		Tai Chi 太極 21:10-22:10		Muay Thai (LV1) 泰拳初級班			
21:30			Muay Thai (LV1) 泰拳初級班				

21:00		Cardio Funky 帶氧瘦身舞 Joanne 21:10-22:10				Capoeira 巴西戰舞 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	28/1/2019, Mon	29/1/2019, Tue	30/1/2019, Wed	31/1/2019, Thu			
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 (LV2) 泰拳中級班	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							
14:30							
15:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Western Boxing Classes 西洋拳擊課程			
15:30							
16:00	Muay Thai (LV1) 泰拳初級班						
16:30				Muay Thai (LV1) 泰拳初級班			
17:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班				
17:30				Muay Thai (LV1) 泰拳初級班			
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 (LV1) 泰拳初級班			
19:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	TRX \$200堂/lesson Herry So 19:00-20:30				
19:30			Muay Thai (LV1) 泰拳初級班	**TRX \$200堂/lesson Herry So 19:30- 21:00 / **自衛術 Self-defense 19:30-21:00			
20:00		Muay Thai (LV1) 泰拳初級班					
20:30	Muay Thai (LV1) 泰拳初級班		Muay Thai Fighting 泰拳格鬥班 (不適合初學者) / Combat 搏鬥				
21:00		Tai Chi 太極 21:10-22:10		Muay Thai (LV1) 泰拳初級班			
21:30			Muay Thai (LV1) 泰拳初級班				

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	28/1/2019, Mon	29/1/2019, Tue	30/1/2019, Wed	31/1/2019, Thu			
7:00							
7:30				Morning Yoga 早晨瑜伽 Shin			
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30	**Power Lunch 午餐瑜伽 Ringo 12:30-13:15		Pilates Mat Work 墊上彼拉提斯 April	Yin Yoga 陰瑜伽 Ringo			
13:00							
13:30				Hatha Yoga 哈達瑜伽 Ringo 13:45-14:45			
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 Griffin	Flow Yoga 流瑜伽 Ringo			
19:00		Hatha Yoga 哈達瑜伽 Daisy					
19:30			Flow Yoga 流瑜伽 Daisy	Gentle Yoga 和緩瑜伽 Ringo			
20:00		Funky Dance 放克舞 Joanne 20:10-21:10					
20:30	Yoga Stretch 伸展瑜伽 Daisy 20:40 - 21:40			Cardio Funky 帶氧瘦身舞 Eddy 20:40-21:40			
21:00		Cardio Funky 帶氧瘦身舞 Joanne 21:10-22:10					
21:30							

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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