

泰拳課堂 Muay Thai Class

Time/Date			1/11/2018,Thu	2/11/2018,Fri	3/11/2018,Sat	4/11/2018,Sun
7:00						
7:30						
8:00						
8:30						
9:00						
9:30						
10:00			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 (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			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	
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		
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 (LV2) 泰拳中級班 19:00-20:15	Muay Thai (LV1) 泰拳初級班
19:30			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				Combat 搏鬥		
21:00			Muay Thai (LV1) 泰拳初級班			
21:30						

瑜伽及舞蹈課堂 Dance and Yoga Class

Time/Date				1/11/2018,Thu	2/11/2018,Fri	3/11/2018,Sat	4/11/2018,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				Yin Yoga 陰瑜伽 Ringo	Funky Dance 放克舞 Eddy	Yoga Therapy 理療瑜伽 Ringo	
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				Flow Yoga 流瑜伽 Ringo			
19:00					Myofascial Release 肌筋膜放鬆術 Joyce Ho 19:20-20:20		
19:30				Gentle Yoga 和緩瑜伽 Ringo			
20:00							
20:30				Cardio Funy 帶氣瘦身舞 Eddy 20:40-21:40		Capoeria 巴西戰舞 21:15-22:15	
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 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2478 9578

泰拳課堂 Muay Thai Class

Time/Date	5/11/2018, Mon	6/11/2018, Tue	7/11/2018, Wed	8/11/2018, Thu	9/11/2018, Fri	10/11/2018, Sat	11/11/2018, 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	
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
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 (LV1) 泰拳初級班		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		
21:00		Tai Chi 太極 21:1-22:10		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 Dance and Yoga Class

Time/Date	5/11/2018, Mon	6/11/2018, Tue	7/11/2018, Wed	8/11/2018, Thu	9/11/2018, Fri	10/11/2018, Sat	11/11/2018, 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 Word 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 Ringo	
13:00							Flow Yoga 流瑜伽 Ringo
13:30				Hatha Yoga 哈達瑜伽 Ringo 13:45-14:45			
14:00							Yoga Stretch 伸展瑜伽 Ringo 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				Hatha Yoga 哈達瑜伽 Chloe S	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 Chloe S	Gentle Yoga 和緩瑜伽 Ringo		
20:00							
20:30	Yoga Stretch 伸展瑜伽 Daisy 20:40-21:40				Funky Dance 放克舞 Joanne 20:10-21:10	Cardio Funy 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 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2478 9578

泰拳課堂 Muay Thai Class

Time/Date	12/11/2018, Mon	13/11/2018, Tue	14/11/2018, Wed	15/11/2018, Thu	16/11/2018, Fri	17/11/2018, Sat	18/11/2018, 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	
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
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 (LV1) 泰拳初級班	**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		
21:00		Tai Chi 太極 21:1-22:10		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 Dance and Yoga Class

Time/Date	12/11/2018, Mon	13/11/2018, Tue	14/11/2018, Wed	15/11/2018, Thu	16/11/2018, Fri	17/11/2018, Sat	18/11/2018, 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							
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 Word 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 Ringo	
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				Hatha Yoga 哈達瑜伽 Chloe S	Flow Yoga 流瑜伽 Ringo		
19:00		Hatha Yoga 哈達瑜伽 Daisy			Yin Yoga 陰瑜伽 Mandy W		
19:30			Flow Yoga 流瑜伽 Chloe S	Gentle Yoga 和緩瑜伽 Ringo			
20:00							
20:30	Yoga Stretch 伸展瑜伽 Daisy 20:40-21:40				Cardio Funy 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 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2478 9578

泰拳課堂 Muay Thai Class

Time/Date	19/11/2018, Mon	20/11/2018, Tue	21/11/2018, Wed	22/11/2018, Thu	23/11/2018, Fri	24/11/2018, Sat	25/11/2018, 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	
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
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 (LV1) 泰拳初級班	**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		
21:00		Tai Chi 太極 21:1-22:10		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 Dance and Yoga Class

Time/Date	19/11/2018, Mon	20/11/2018, Tue	21/11/2018, Wed	22/11/2018, Thu	23/11/2018, Fri	24/11/2018, Sat	25/11/2018, Sun
7:00							
7:30				Morning Yoga 早晨瑜伽 Mandy W			
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 Word 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				Hatha Yoga 哈達瑜伽 Chloe S	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 Chloe S	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 Funy 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 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2478 9578

泰拳課堂 Muay Thai Class

Time/Date	26/11/2018, Mon	27/11/2018, Tue	28/11/2018, Wed	29/11/2018, Thu	30/11/2018, Fri
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
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
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	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		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
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 (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
21:00		Tai Chi 太極 21:1-22:10		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 Dance and Yoga Class

Time/Date	26/11/2018, Mon	27/11/2018, Tue	28/11/2018, Wed	29/11/2018, Thu	30/11/2018, Fri
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 Word 墊上彼拉提斯 April	Yin Yoga 陰瑜伽 Ringo	Funky Dance 放克舞 Eddy
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			Hatha Yoga 哈達瑜伽 Chloe S	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 Chloe S	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 Funy 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 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2478 9578