

2月份課程時間表 (FAC 觀塘店)
Class Schedule Feb (FAC Kwun Tong)



泰拳課堂 Muay Thai Class							
Time/Date				1/2/2019,Fri	2/2/2019,Sat	3/2/2019,Sun	
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
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 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			
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	
17:00				Muay Thai (LV1) 泰拳初級班			
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							
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							
20:00							
20:30				Combat 搏鬥			
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date					1/2/2019,Fri	2/2/2019,Sat	3/2/2019,Sun
7:00							
7:30							
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					Funky Dance 放克舞 Eddy	Gentle Yoga 和緩瑜伽 Ringo	
13:00							Pilates Mat Work 墊上彼拉提斯 April
13:30							
14:00							Yoga Stretch 伸展瑜伽 April 14:10-15:10
14:30						Myofascial Release 肌筋膜放鬆術 Katherine 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							
19:00					Myofascial Release 肌筋膜放鬆術 Joyce Ho 19:20-20:20		
19:30							
20:00							
20:30							
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	4/2/2019, Mon	5/2/2019, Tue	6/2/2019, Wed	7/2/2019, Thu	8/2/2019, Fri	9/2/2019, Sat	10/2/2019, 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 (LV2) 泰拳中級班 12:30-13:45				**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		
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		
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	Muay Thai (LV1) 泰拳初級班
18:30							
19:00				Muay Thai (LV1) 泰拳初級班	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							
20:00					Muay Thai (LV1) 泰拳初級班 Combat 搏鬥		
20:30							
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	4/2/2019, Mon	5/2/2019, Tue	6/2/2019, Wed	7/2/2019, Thu	8/2/2019, Fri	9/2/2019, Sat	10/2/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00						Yoga Stretch 伸展瑜伽 Ringo	
11:30							Cardio Funky 帶氧瘦身舞 Eddy
12:00				Pilates Mat Work 墊上彼拉提斯 April			
12:30	**Power Lunch 午餐瑜伽 Ringo 12:30-13:15				Funky Dance 放克舞 Eddy	Gentle Yoga 和緩瑜伽 Ringo	
13:00							Pilates Mat Work 墊上彼拉提斯 April
13:30							
14:00				Yoga Stretch 展瑜伽 April 14:10-15:10			Yoga Stretch 伸展瑜伽 April 14:10-15:10
14:30				Flow Yoga 流瑜伽 Ringo		Hatha Yoga 哈達瑜伽 Jennifer 14:50-15:50	
15:00							
15:30				Gentle Yoga 和緩瑜伽 Ringo 15:40-16:40			
16:00						Yin Yoga 陰瑜伽 Jennifer	
16:30							
17:00				Cardio Funky 帶氧瘦身舞 Eddy			
17:30							
18:00							
18:30							
19:00					Myofascial Release 肌筋膜放鬆術 Joyce Ho 19:20-20:20		
19:30							
20:00							
20:30							
21:00					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	11/2/2019, Mon	12/2/2019, Tue	13/2/2019, Wed	14/2/2019, Thu	15/2/2019, Fri	16/2/2019, Sat	17/2/2019, 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 12:30-13:45	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 (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					
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 21:10-22:10		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	11/2/2019, Mon	12/2/2019, Tue	13/2/2019, Wed	14/2/2019, Thu	15/2/2019, Fri	16/2/2019, Sat	17/2/2019, 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 帶氧瘦身舞 Joanne	
11:30							Cardio Funky 帶氧瘦身舞 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 April	Funky Dance 放克舞 Eddy	Myofascial Release 肌筋膜放鬆術 Jennifer	
13:00							Pilates Mat Work 墊上彼拉提斯 April
13:30				Pilates Mat Work 墊上彼拉提斯 April 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 Daisy 18:45-19:45		
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 Daisy			
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			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	18/2/2019, Mon	19/2/2019, Tue	20/2/2019, Wed	21/2/2019, Thu	22/2/2019, Fri	23/2/2019, Sat	24/2/2019, 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		Muay Thai (LV1) 泰拳初級班	
10:30							
11:00					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 12:30-13:45	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 (LV1) 泰拳初級班	
13:00							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
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	Muay Thai (LV1) 泰拳初級班	
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	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 (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 (LV1) 泰拳初級班	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		Combat 搏鬥		
21:00		Tai Chi 太極 21:10-22:10		Muay Thai (LV1) 泰拳初級班		Tai Chi 太極 21:10-22:10	
21:30			Muay Thai (LV1) 泰拳初級班				

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	18/2/2019, Mon	19/2/2019, Tue	20/2/2019, Wed	21/2/2019, Thu	22/2/2019, Fri	23/2/2019, Sat	24/2/2019, Sun
7:00							
7:30				Morning Yoga 早晨瑜珈 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	**Yoga Stretch 伸展瑜珈 Griffin 12:30-13:15		Pilates Mat Work 墊上彼拉提斯 April	Yin Yoga 陰瑜珈 Ringo	Funky Dance 放克舞 Eddy		
13:00							Pilates Mat Work 墊上彼拉提斯 April
13:30				Hatha Yoga 哈達瑜珈 Ringo 13:45-14:45			
14:00							Yoga Stretch 伸展瑜珈 April 14:10-15:10
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00							
18:30				Yoga Stretch 伸展瑜珈 Shin	Flow Yoga 流瑜珈 Ringo		
19:00		Hatha Yoga 哈達瑜珈 Daisy			Myofascial Release 肌筋膜放鬆術 Joyce Ho 19:20-20:20	Hatha Yoga 哈達瑜珈 Daisy	
19:30				Flow Yoga 流瑜珈 Shin	Gentle Yoga 和緩瑜珈 Ringo		
20:00			Funky Dance 放克舞 Joanne 20:10-21:10				Funky Dance 放克舞 Joanne 20:10-21:10
20:30	Yoga Stretch 伸展瑜珈 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	Cardio Funky 帶氣瘦身舞 Joanne 21:10-22:10	
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：2116 3363

泰拳課堂 Muay Thai Class

Time/Date	25/2/2019, Mon	26/2/2019, Tue	27/2/2019, Wed	28/2/2019, 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 12:30-13:45	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	25/2/2019, Mon	26/2/2019, Tue	27/2/2019, Wed	28/2/2019, 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 Shin	Flow Yoga 流瑜伽 Ringo
19:00		Hatha Yoga 哈達瑜伽 Daisy		
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				

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