

4月份課程時間表 (FAC 觀塘店)  
Class Schedule Apr (FAC Kwun Tong)



泰拳課堂 Muay Thai Class							
Time/Date	1/4/2019, Mon	2/4/2019, Tue	3/4/2019, Wed	4/4/2019, Thu	5/4/2019, Fri	6/4/2019, Sat	7/4/2019, 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	**TRX \$200堂/lesson Herry So 11:00-12:30
11:30							
12:00		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班	
12:30	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班		
13:00					Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班
13:30							
14:00					Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
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			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
16:30							
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							
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	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	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	Muay Thai (LV2) 泰拳中級班	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 (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai Fighting 泰拳格鬥班 (不適合初學者)				
20:30			Combat 搏鬥				
21:00		Tai Chi 太極 21:10-22:10	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	1/4/2019, Mon	2/4/2019, Tue	3/4/2019, Wed	4/4/2019, Thu	5/4/2019, Fri	6/4/2019, Sat	7/4/2019, 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 Ringo	Funky Dance 放克舞 Eddy	Gentle Yoga 和緩瑜伽 Ringo 12:45-13:45	
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					MyRing 瑜珈環 Apple 16:45-17:45		
17:00							
17:30							
18:00							
18:30			Yoga Stretch 伸展瑜伽 Apple	Flow Yoga 流瑜伽 Ringo			
19:00		Hatha Yoga 哈達瑜伽 Ringo					
19:30			Flow Yoga 流瑜伽 Apple	Gentle Yoga 和緩瑜伽 Ringo			
20:00		Funky Dance 放克舞 Joanne 20:10-21:10					
20:30	MyRing 瑜珈環 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 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2154 0168

泰拳課堂 Muay Thai Class

Time/Date	8/4/2019, Mon	9/4/2019, Tue	10/4/2019, Wed	11/4/2019, Thu	12/4/2019, Fri	13/4/2019, Sat	14/4/2019, 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		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	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班		
13:00							Muay Thai (LV1) 泰拳初級班
13:30							
14:00						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
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			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							
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							
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							
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		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 (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai Fighting 泰拳格鬥班 (不適合初學者)		Muay Thai (LV1) 泰拳初級班		
20:30			Combat 搏鬥		Combat 搏鬥		
21:00		Tai Chi 太極 21:10-22:10	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	8/4/2019, Mon	9/4/2019, Tue	10/4/2019, Wed	11/4/2019, Thu	12/4/2019, Fri	13/4/2019, Sat	14/4/2019, 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 Ringo	Funky Dance 放克舞 Eddy	Gentle Yoga 和緩瑜伽 Ringo 12:45-13:45	
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 Apple	Flow Yoga 流瑜伽 Ringo			
19:00		Hatha Yoga 哈達瑜伽 Daisy			MyRing 瑜珈環 Apple 19:20-20:20		
19:30			Flow Yoga 流瑜伽 Apple	Gentle Yoga 和緩瑜伽 Ringo			
20:00		Funky Dance 放克舞 Joanne 20:10-21:10					
20:30	MyRing 瑜珈環 Apple 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 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2154 0168

泰拳課堂 Muay Thai Class

Time/Date	15/4/2019, Mon	16/4/2019, Tue	17/4/2019, Wed	18/4/2019, Thu	19/4/2019, Fri	20/4/2019, Sat	21/4/2019, 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	**TRX \$200堂/lesson Herry So 11:00-12:30
11:30							
12:00		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班	
12:30	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV1) 泰拳初級班				
13:00					Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班
13:30							
14:00					Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
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			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
16:30							
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							
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	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	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	Muay Thai (LV2) 泰拳中級班	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 (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai Fighting 泰拳格鬥班 (不適合初學者)				
20:30			Body Combat 搏鬥				
21:00		Tai Chi 太極 21:10-22:10	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	15/4/2019, Mon	16/4/2019, Tue	17/4/2019, Wed	18/4/2019, Thu	19/4/2019, Fri	20/4/2019, Sat	21/4/2019, 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	Gentle Yoga 和緩瑜伽 Ringo 12:45-13:45	
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					MyRing 瑜珈環 Daisy 16:45-17:45		
17:00							
17:30							
18:00							
18:30			Yoga Stretch 伸展瑜伽 Daisy	Flow Yoga 流瑜伽 Ringo			
19:00		Hatha Yoga 哈達瑜伽 Daisy					
19:30			Flow Yoga 流瑜伽 Apple	Gentle Yoga 和緩瑜伽 Ringo			
20:00		Funky Dance 放克舞 Joanne 20:10-21:10					
20:30	MyRing 瑜珈環 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					
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：2154 0168

泰拳課堂 Muay Thai Class							
Time/Date	22/4/2019, Mon	23/4/2019, Tue	24/4/2019, Wed	25/4/2019, Thu	26/4/2019, Fri	27/4/2019, Sat	28/4/2019, 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			
10:30							
11:00					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	TRX \$200/lesson Herry So
11:30							
12:00		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班	
12:30			Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班		
13:00	Muay Thai (LV1) 泰拳初級班						Muay Thai (LV1) 泰拳初級班
13:30							
14:00	Muay Thai (LV2) 泰拳中級班					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
14:30							
15:00		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	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
16:30							
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							
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	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	TRX \$200/lesson Herry So 19:00-20:30 / Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
19:30				**TRX \$200/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 Fighting 泰拳格鬥班 (不適合初學者)		Muay Thai (LV1) 泰拳初級班		
20:30			Body Combat 搏鬥		Combat 搏鬥		
21:00		Tai Chi 太極 21:10-22:10	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	22/4/2019, Mon	23/4/2019, Tue	24/4/2019, Wed	25/4/2019, Thu	26/4/2019, Fri	27/4/2019, Sat	28/4/2019, 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 Ringo	Funky Dance 放克舞 Eddy	Gentle Yoga 和緩瑜伽 Ringo 12:45-13:45	
13:00							Pilates Mat Work 墊上彼拉提斯 April
13:30	Hatha Yoga 哈達瑜伽 Ringo			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 Daisy 14:50-15:50					Hatha Yoga 哈達瑜伽 Jennifer 14:50-15:50	
15:00							
15:30							
16:00	MyRing 瑜珈環 Daisy					Yin Yoga 陰瑜伽 Jennifer	
16:30							
17:00							
17:30							
18:00							
18:30				Yoga Stretch 伸展瑜伽 Daisy	Flow Yoga 流瑜伽 Ringo		
19:00		Hatha Yoga 哈達瑜伽 Daisy			Myofascial Release 肌肉放鬆 Katherine 19:20-20:20pm		
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					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				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 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2154 0168

泰拳課堂 Muay Thai Class

Time/Date	29/4/2019, Mon	30/4/2019, Tue					
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							
11:30							
12:00		Muay Thai (LV1) 泰拳初級班					
12:30	Muay Thai (LV2) 泰拳中級班						
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					
15:30							
16:00	Muay Thai (LV1) 泰拳初級班						
16:30							
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					
18:30							
19:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班					
19:30							
20:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班					
20:30							
21:00		Tai Chi 太極 21:10-22:10					
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	29/4/2019, Mon	30/4/2019, Tue					
7:00							
7:30							
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						
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00							
18:30							
19:00		Hatha Yoga 哈達瑜伽 Daisy					
19:30							
20:00		Funky Dance 放克舞 Joanne 20:10-21:10					
20:30	MyRing 瑜珈環 Daisy 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 (XT45課堂只接受電話預約或親臨分店辦理預約手續)  
電話：2154 0168