

泰拳課堂 Muay Thai Class						
Time/Date						1/9/2019,Sun
7:00						
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						
10:30						
11:00						
11:30						
12:00						
12:30						
13:00						Muay Thai (LV1) 泰拳初級班
13:30						
14:00						Muay Thai (LV2) 泰拳中級班
14:30						
15:00						
15:30						
16:00						Muay Thai (LV1) 泰拳初級班
16:30						
17:00						
17:30						
18:00						Muay Thai (LV1) 泰拳初級班
18:30						
19:00						Muay Thai (LV1) 泰拳初級班
19:30						
20:00						
20:30						
21:00						
21:30						

瑜伽及舞蹈課堂 Yoga and Dance Class						
Time/Date						1/9/2019,Sun
7:00						
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						
10:30						
11:00						
11:30						K-pop 韓國流行舞蹈 Eddy
12:00						
12:30						
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						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						
18:30						
19:00						
19:30						
20:00						
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 (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	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							
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	
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	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			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 (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
19:30				**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			Body Combat 搏鬥		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	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				Morning Yoga 早晨瑜伽 Primo			
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00						Cardio Funky 帶氧瘦身舞 Joanne	
11:30							K-pop 韓國流行舞蹈 Eddy
12:00							
12:30	**Power Lunch 午餐瑜伽 Carrie C 12:30-13:15		Pilates Mat Work 墊上彼拉提斯 April	Yin Yoga 陰瑜伽 Ada	K-pop 韓國流行舞蹈 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 Ada 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 Carrie C			
19:00		Hatha Yoga 哈達瑜伽 Primo			MyRing 瑜伽環 Apple 19:20-20:20		
19:30			Flow Yoga 流瑜伽 Apple	Gentle Yoga 和緩瑜伽 Carrie C			
20:00							
20:30	Yoga Stretch 伸展瑜伽 Carrie C 20:40-21:40					K-pop 韓國流行舞蹈 Eddy 20:40-21:40	
21:00		Cardio Funky 帶氧瘦身舞 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 (KT45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	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							
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		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班			
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 (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	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			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
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				**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			Body Combat 搏鬥		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	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							
7:30				Morning Yoga 早晨瑜伽 Primo			
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30						Cardio Funky 帶氧瘦身舞 Katherine	K-pop 韓國流行舞蹈 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	K-pop 韓國流行舞蹈 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 Primo			MyRing 瑜伽環 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	Yoga Stretch 伸展瑜伽 Carrie C 20:40-21:40			K-pop 韓國流行舞蹈 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	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							
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					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
11:00							
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	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			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 (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
19:30				**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			Body Combat 搏鬥		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							

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

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							
7:30				Morning Yoga 早晨瑜伽 Primo			
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00						Cardio Funky 帶氧瘦身舞 Joanne	
11:30							K-pop 韓國流行舞蹈 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	K-pop 韓國流行舞蹈 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 Primo			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 Eddy 20:10-21:10					
20:30	Yoga Stretch 伸展瑜伽 Carrie C 20:40-21:40			K-pop 韓國流行舞蹈 Eddy 20:40-21:40			
21:00		Cardio Funky 帶氧瘦身舞 Eddy 21:10-22:10			Capoeria 巴西戰舞 21:15-22:15		
21:30							

9月份課程時間表 (FAC 觀塘店)
Class Schedule Sep (FAC Kwun Tong)



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							
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	
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	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			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 (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
19:30				**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			Body Combat 搏鬥		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	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							
7:30				Morning Yoga 早晨瑜伽 Primo			
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00						Cardio Funky 帶氧瘦身舞 Joanne	
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	K-pop 韓國流行舞蹈 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 Ada 14:50-15:50	
15:00							
15:30							
16:00						Yin Yoga 陰瑜伽 Ada	
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 Griffin			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	Yoga Stretch 伸展瑜伽 Carrie C 20:40-21:40			K-pop 韓國流行舞蹈 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	30/9/2019, Mon						
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							
11:30							
12:00							
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						
15:30							
16:00	Muay Thai (LV1) 泰拳初級班						
16:30							
17:00	Muay Thai (LV1) 泰拳初級班						
17:30							
18:00							
18:30							
19:00	Muay Thai (LV1) 泰拳初級班						
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							
12:00							
12:30	**Power Lunch 午餐瑜伽 Ringo 12:30-13:15						
13:00							
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19:30							
20:00							
20:30	Yoga Stretch 伸展瑜伽 Carrie C 20:40-21:40						
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：2154 0168