

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						
10:30	Muay Thai (LV1) 泰拳初級班				Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
11:00						
11:30						
12:00						
12:30						
13:00	Muay Thai Lady 泰拳女子班	Muay Thai (LV3) 泰拳高級班	**Funky Muay Thai 放克泰拳 Fung 13:00-13:45	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班	Muay Thai Lady 泰拳女子班
13:30						
14:00						
14:30	Muay Thai (LV1) 泰拳初級班				Muay Thai Lady 泰拳女子班	Muay Thai (LV1) 泰拳初級班
15:00			Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班		
15:30						
16:00						
16:30						
17:00	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV3) 泰拳高級班			Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班
17:30						
18:00		綜合格鬥 Mixed Martial Arts Fung 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15			
18:30						
19:00	Muay Thai (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班 19:15-20:15	西洋拳初級班 Boxing (LV1) 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班
19:30						
20:00		Muay Thai (LV2) 泰拳中級班 20:15-21:15	Muay Thai (LV3) 泰拳高級班 20:15-21:15	**泰激決進階班 \$150/Person 20:00-21:30		
20:30						
21:00						
21:30						

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						
8:00						
8:30						
9:00						
9:30						
10:00						
10:30						
11:00		Yoga Therapy 理療瑜伽 Flora 11:15-12:15		Yoga Stretch 伸展瑜伽 Sindy		
11:30		Amis 菲律賓魔杖 Eldad	Self-Defense 以色列軍用搏擊術 Eldad		Aerial Basic 初級空中瑜伽 Annie 11:45-12:45	
12:00						
12:30				Reggaeton 雷鬼動 Karen Wong		Detox Yoga 排毒瑜伽 Isabel Siu
13:00	Aerial Basic 初級空中瑜伽 Trista	**Power Lunch 午餐瑜伽 Jo Chan 13:00-13:45 / Self-Defense 以色列軍用搏擊術 Eldad	Yoga Wheel Basic 初級瑜伽輪 Trista	**Power Lunch 午餐瑜伽 Zoe 13:00-13:45	Capoeira Garic / Yoga Wheel Basic 初級瑜伽輪 13:15-14:15	
13:30						街舞 Hip Hop Scott Choi Yoga Stretch 伸展瑜伽 Isabel Siu 14:15-15:15
14:00			Amis 菲律賓魔杖 Eldad	Yoga Therapy 理療瑜伽 Zoe 14:15-15:15		
14:30					Yoga Stretch 伸展瑜伽 Alex Pang	
15:00						
15:30	Yoga Stretch 伸展瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Annie	Self-Defense 以色列軍用搏擊術 Eldad 15:45-16:45		Megadanz 熱力勁舞 Carl 15:45-16:45	Yoga Basic 基礎瑜伽 Isabel Siu
16:00						
16:30		Amis 菲律賓魔杖 Eldad			Hatha Yoga 哈達瑜伽 Alex Pang	
17:00			Amis 菲律賓魔杖 Eldad			
17:30			Amis 菲律賓魔杖 Eldad 17:45-18:45		Yin Yoga 陰瑜伽 Trista 17:45-18:45	
18:00				Yoga Stretch 伸展瑜伽 Charlie		Hatha Yoga 哈達瑜伽 Trista
18:30	Hatha Yoga 哈達瑜伽 Trista	Power Yoga 力量瑜伽 Carol Tai	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Zoe		
19:00		Capoeira Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira Garic		Aerial Basic 初級空中瑜伽 Trista 19:15-20:15
19:30	Aerial Core 空中瑜伽核心 Trista 19:45-20:45	Yoga Stretch 伸展瑜伽 Carol Tai 19:45-20:45	Megadanz 熱力勁舞 Carl 19:45-20:45	Yoga Wheel II 瑜伽輪級別二 Zoe 19:45-20:45		
20:00	Bolly Fit 寶萊瑜珈健身舞 Jeet 20:15-21:15	街舞 Hip Hop Yeung 20:15-21:15		K-Pop 韓國流行舞蹈 Sharon 20:15-21:15		
20:30			Aerial Basic 初級空中瑜伽 Charlie			
21:00	Yin Yoga 陰瑜伽 Trista	Aerial Basic 初級空中瑜伽 Carol Tai	Amis 菲律賓魔杖 Eldad	Yin Yoga 陰瑜伽 Zoe		
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	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							
10:30						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
11:00							
11:30							
12:00							
12:30							
13:00	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV3) 泰拳高級班	**Funky Muay Thai 放克泰拳 Fung 13:00-13:45	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班	Muay Thai Lady 泰拳女子班
13:30							
14:00							
14:30						Muay Thai Lady 泰拳女子班	Muay Thai (LV1) 泰拳初級班
15:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班		
15:30							
16:00							
16:30							
17:00	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV3) 泰拳高級班			Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班
17:30							
18:00			綜合格鬥 Mixed Martial Arts Fung 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15			
18:30	**Funky Muay Thai 放克泰拳 18:30-19:15						
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV3) 泰拳高級班 19:15-20:15	西洋拳初級班 Boxing (LV1) 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班
19:30							
20:00	Muay Thai (LV2) 泰拳中級班 20:15-21:15	**泰激決進階班 \$150/Person 20:00-21:30	Muay Thai (LV2) 泰拳中級班 20:15-21:15	Muay Thai (LV3) 泰拳高級班 20:15-21:15	**泰激決進階班 \$150/Person 20:00-21:30		
20:30							
21:00							
21:30							

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							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00			Yoga Therapy 理療瑜伽 Flora 11:15-12:15		Yoga Stretch 伸展瑜伽 Sindy		
11:30			Arnis 菲律賓魔杖 Eldad	Self-Defense 以色列軍用搏擊術 Eldad		Aerial Basic 初級空中瑜伽 Trista 11:45-12:45	
12:00							
12:30					Dancehall 街舞-雷鬼 Kit		Detox Yoga 排毒瑜伽 Isabel Siu
13:00	Detox Yoga 排毒瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Gaile	**Power Lunch 午餐瑜伽 Jo Chan 13:00-13:45 / Self-Defense 以色列軍用搏擊術 Eldad	Yoga Wheel Basic 初級瑜伽輪 Gaile	**Power Lunch 午餐瑜伽 Zoe 13:00-13:45	Capoeira Garic / Yoga Wheel Basic 初級瑜伽輪 13:15-14:15	
13:30							街舞 Hip Hop Scott Choi
14:00				Arnis 菲律賓魔杖 Eldad	Yoga Therapy 理療瑜伽 Zoe 14:15-15:15		Yoga Stretch 伸展瑜伽 Isabel Siu 14:15-15:15
14:30						Yoga Stretch 伸展瑜伽 Alex Pang	
15:00							
15:30		Yoga Stretch 伸展瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Annie	Self-Defense 以色列軍用搏擊術 Eldad 15:45-16:45		Megadanz 熱力勁舞 Carl 15:45-16:45	Yoga Basic 基礎瑜伽 Isabel Siu
16:00							
16:30			Arnis 菲律賓魔杖 Eldad			Hatha Yoga 哈達瑜伽 Alex Pang	
17:00	Yoga Wheel Basic 初級瑜伽輪 Zoe			Arnis 菲律賓魔杖 Eldad			
17:30			Arnis 菲律賓魔杖 Eldad 17:45-18:45			Yin Yoga 陰瑜伽 Trista 17:45-18:45	
18:00				Yoga Stretch 伸展瑜伽 Charlie			Hatha Yoga 哈達瑜伽 Trista
18:30	Yoga Therapy 理療瑜伽 Zoe	Hatha Yoga 哈達瑜伽 Js Lee	Power Yoga 力量瑜伽 Gaile	Megadanz 熱力勁舞 Carl	Yoga Stretch 伸展瑜伽 Zoe		
19:00			Capoeira Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira Garic		Aerial Basic 初級空中瑜伽 Trista 19:15-20:15
19:30	Flow Yoga 流瑜伽 Zoe 19:45-20:45	Aerial Core 空中瑜伽核心 Trista 19:45-20:45	Ashtanga Vinyasa 阿斯湯加瑜伽 Gaile 19:45-20:45	Megadanz 熱力勁舞 Carl 19:45-20:45	Yoga Wheel II 瑜伽輪級別二 Zoe 19:45-20:45		
20:00		Bolly Fit 寶萊場瘦身舞 Jeet 20:15-21:15	街舞 Hip Hop Yeung 20:15-21:15		K-Pop 韓國流行舞蹈 Sharon 20:15-21:15		
20:30	Zumba Fitness Tommy			Aerial Basic 初級空中瑜伽 Charlie			
21:00		Yin Yoga 陰瑜伽 Trista	Aerial Basic 初級空中瑜伽 Gaile	Arnis 菲律賓魔杖 Eldad	Yin Yoga 陰瑜伽 Zoe		
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	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							
10:30						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
11:00							
11:30							
12:00							
12:30							
13:00	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV3) 泰拳高級班	**Funky Muay Thai 放克泰拳 Fung 13:00-13:45	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班	Muay Thai Lady 泰拳女子班
13:30							
14:00							
14:30						Muay Thai Lady 泰拳女子班	Muay Thai (LV1) 泰拳初級班
15:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班		
15:30							
16:00							
16:30							
17:00	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV3) 泰拳高級班			Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班
17:30							
18:00			綜合格鬥 Mixed Martial Arts Fung 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15			
18:30	**Funky Muay Thai 放克泰拳 18:30-19:15						
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV3) 泰拳高級班 19:15-20:15	西洋拳初級班 Boxing (LV1) 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班
19:30							
20:00	Muay Thai (LV2) 泰拳中級班 20:15-21:15	**泰激決進階班 \$150/Person 20:00-21:30	Muay Thai (LV2) 泰拳中級班 20:15-21:15	Muay Thai (LV3) 泰拳高級班 20:15-21:15	**泰激決進階班 \$150/Person 20:00-21:30		
20:30							
21:00							
21:30							

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							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00			Yoga Therapy 理療瑜伽 Flora 11:15-12:15		Yoga Stretch 伸展瑜伽 Trista		
11:30			Arnis 菲律賓魔杖 Eldad	Self-Defense 以色列軍用搏擊術 Eldad		Aerial Basic 初級空中瑜伽 Annie 11:45-12:45	
12:00							
12:30					Dancehall 街舞-雷鬼 Kit		Detox Yoga 排毒瑜伽 Isabel Siu
13:00	Detox Yoga 排毒瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Carol Tai	**Power Lunch 午餐瑜伽 Jo Chan 13:00-13:45 / Self-Defense 以色列軍用搏擊術 Eldad	Yoga Wheel Basic 初級瑜伽輪 Gaile	**Power Lunch 午餐瑜伽 Zoe 13:00-13:45	Capoeira Garic / Yoga Wheel Basic 初級瑜伽輪 13:15-14:15	
13:30							街舞 Hip Hop Scott Choi
14:00				Arnis 菲律賓魔杖 Eldad	Yoga Therapy 理療瑜伽 Zoe 14:15-15:15		Yoga Stretch 伸展瑜伽 Isabel Siu 14:15-15:15
14:30						Yoga Stretch 伸展瑜伽 Alex Pang	
15:00							
15:30		Yoga Stretch 伸展瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Annie	Self-Defense 以色列軍用搏擊術 Eldad 15:45-16:45		Megadanz 熱力勁舞 Carl 15:45-16:45	Yoga Basic 基礎瑜伽 Isabel Siu
16:00							
16:30			Arnis 菲律賓魔杖 Eldad			Hatha Yoga 哈達瑜伽 Alex Pang	
17:00	Yoga Wheel Basic 初級瑜伽輪 Zoe			Arnis 菲律賓魔杖 Eldad			
17:30			Arnis 菲律賓魔杖 Eldad 17:45-18:45			Yin Yoga 陰瑜伽 Trista 17:45-18:45	
18:00				Yoga Stretch 伸展瑜伽 Charlie			Hatha Yoga 哈達瑜伽 Trista
18:30	Yoga Therapy 理療瑜伽 Zoe	Hatha Yoga 哈達瑜伽 Js Lee	Power Yoga 力量瑜伽 Gaile	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Zoe		
19:00			Capoeira Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira Garic		Aerial Basic 初級空中瑜伽 Trista 19:15-20:15
19:30	Flow Yoga 流瑜伽 Zoe 19:45-20:45	Aerial Core 空中瑜伽核心 Trista 19:45-20:45	Ashtanga Vinyasa 阿斯湯加瑜伽 Gaile 19:45-20:45	Megadanz 熱力勁舞 Carl 19:45-20:45	Yoga Wheel II 瑜伽輪級別二 Zoe 19:45-20:45		
20:00		Bolly Fit 寶萊場瘦身舞 Jeet 20:15-21:15	街舞 Hip Hop Yeung 20:15-21:15		K-Pop 韓國流行舞蹈 Sharon 20:15-21:15		
20:30	Zumba Fitness Tommy			Aerial Basic 初級空中瑜伽 Charlie			
21:00		Yin Yoga 陰瑜伽 Trista	Aerial Basic 初級空中瑜伽 Gaile	Arnis 菲律賓魔杖 Eldad			
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 荔枝角 D2店)
Class Schedule Jan (FAC Lai Chi Kok D2)



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							
10:30						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
11:00							
11:30							
12:00							
12:30							
13:00	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV3) 泰拳高級班	**Funky Muay Thai 放克泰拳 Fung 13:00-13:45	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班	Muay Thai Lady 泰拳女子班
13:30							
14:00							
14:30						Muay Thai Lady 泰拳女子班	Muay Thai (LV1) 泰拳初級班
15:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班		
15:30							
16:00							
16:30							
17:00	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV3) 泰拳高級班			Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班
17:30							
18:00			綜合格鬥 Mixed Martial Arts Fung 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15			
18:30	**Funky Muay Thai 放克泰拳 18:30-19:15						
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV3) 泰拳高級班 19:15-20:15	西洋拳初級班 Boxing (LV1) 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班
19:30							
20:00	Muay Thai (LV2) 泰拳中級班 20:15-21:15	**泰激決進階班 \$150/Person 20:00-21:30	Muay Thai (LV2) 泰拳中級班 20:15-21:15	Muay Thai (LV3) 泰拳高級班 20:15-21:15	**泰激決進階班 \$150/Person 20:00-21:30		
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 (進階課程需親臨分店繳交課堂費用)
電話：2116 3363

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							
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10:00							
10:30							
11:00			Yoga Therapy 理療瑜伽 Flora 11:15-12:15		Yoga Stretch 伸展瑜伽 Sindy		
11:30			Arnis 菲律賓魔杖 Eldad	Self-Defense 以色列 軍用搏擊術 Eldad		Aerial Basic 初級空中瑜伽 Annie 11:45-12:45	
12:00							
12:30					Dancehall 街舞-雷鬼 Kit		Detox Yoga 排毒瑜伽 Isabel Siu
13:00	Detox Yoga 排毒瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Gaile	**Power Lunch 午餐瑜伽 Jo Chan 13:00-13:45 / Self-Defense 以色列軍用搏擊術 Eldad	Yoga Wheel Basic 初級瑜伽輪 Gaile	**Power Lunch 午餐瑜伽 Zoe 13:00-13:45	Capoeira Garic / Yoga Wheel Basic 初級瑜伽輪 13:15-14:15	
13:30							街舞 Hip Hop Scott Choi Yoga Stretch 伸展瑜伽 Isabel Siu 14:15-15:15
14:00				Arnis 菲律賓魔杖 Eldad	Yoga Therapy 理療瑜伽 Zoe 14:15-15:15		
14:30						Yoga Stretch 伸展瑜伽 Alex Pang	
15:00							
15:30		Yoga Stretch 伸展瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Annie	Self-Defense 以色列軍用搏擊術 Eldad 15:45-16:45		Megadanz 熱力勁舞 Carl 15:45-16:45	Yoga Basic 基礎瑜伽 Isabel Siu
16:00							
16:30			Arnis 菲律賓魔杖 Eldad			Hatha Yoga 哈達瑜伽 Alex Pang	
17:00	Yoga Wheel Basic 初級瑜伽輪 Zoe			Arnis 菲律賓魔杖 Eldad			
17:30			Arnis 菲律賓魔杖 Eldad 17:45-18:45			Yin Yoga 陰瑜伽 Trista 17:45-18:45	
18:00				Yoga Stretch 伸展瑜伽 Charlie			Hatha Yoga 哈達瑜伽 Trista
18:30	Yoga Therapy 理療瑜伽 Zoe	Hatha Yoga 哈達瑜伽 Js Lee	Power Yoga 力量瑜伽 Gaile	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Zoe		
19:00			Capoeira Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira Garic		Aerial Basic 初級空中瑜伽 Trista 19:15-20:15
19:30	Flow Yoga 流瑜伽 Zoe 19:45-20:45	Aerial Core 空中瑜伽核心 Trista 19:45-20:45	Ashtanga Vinyasa 阿斯湯加瑜伽 Gaile 19:45-20:45	Megadanz 熱力勁舞 Carl 19:45-20:45	Yoga Wheel II 瑜伽輪級別二 Zoe 19:45-20:45		
20:00		Bolly Fit 寶萊塢瘦身舞 Jeet 20:15-21:15	街舞 Hip Hop Yeung 20:15-21:15		K-Pop 韓國流行舞蹈 Sharon 20:15-21:15		
20:30	Zumba Fitness Tommy			Aerial Basic 初級空中瑜伽 Charlie Arnis 菲律賓魔杖 Eldad			
21:00		Yin Yoga 陰瑜伽 Trista	Aerial Basic 初級空中瑜伽 Gaile		Yin Yoga 陰瑜伽 Zoe		
21:30							

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							
10:30							
11:00							
11:30							
12:00							
12:30							
13:00	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV3) 泰拳高級班	**Funky Muay Thai 放克泰拳 Fung 13:00-13:45			
13:30							
14:00							
14:30							
15:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV2) 泰拳中級班			
15:30							
16:00							
16:30							
17:00	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV3) 泰拳高級班				
17:30							
18:00			綜合格鬥 Mixed Martial Arts Fung 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15			
18:30	**Funky Muay Thai 放克泰拳 18:30-19:15						
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV3) 泰拳高級班 19:15-20:15	西洋拳初級班 Boxing (LV1) 19:15-20:15			
19:30							
20:00	Muay Thai (LV2) 泰拳中級班 20:15-21:15	**泰激決進階班 \$150/Person 20:00-21:30	Muay Thai (LV2) 泰拳中級班 20:15-21:15	Muay Thai (LV3) 泰拳高級班 20:15-21:15			
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 (進階課堂需親臨分店繳交課堂費用)
電話：2116 3363

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							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00			Yoga Therapy 理療瑜伽 Flora 11:15-12:15				
11:30			Arnis 菲律賓魔杖 Eldad	Self-Defense 以色列軍用搏擊術 Eldad			
12:00							
12:30							
13:00	Detox Yoga 排毒瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Gaile	**Power Lunch 午餐瑜伽 Jo Chan 13:00-13:45 / Self-Defense 以色列軍用搏擊術 Eldad	Yoga Wheel Basic 初級瑜伽輪 Gaile			
13:30							
14:00				Arnis 菲律賓魔杖 Eldad			
14:30							
15:00							
15:30		Yoga Stretch 伸展瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Annie	Self-Defense 以色列軍用搏擊術 Eldad 15:45-16:45			
16:00							
16:30			Arnis 菲律賓魔杖 Eldad				
17:00	Yoga Wheel Basic 初級瑜伽輪 Zoe			Arnis 菲律賓魔杖 Eldad			
17:30			Arnis 菲律賓魔杖 Eldad 17:45-18:45				
18:00				Yoga Stretch 伸展瑜伽 Charlie			
18:30	Yoga Therapy 理療瑜伽 Zoe	Hatha Yoga 哈達瑜伽 Js Lee	Power Yoga 力量瑜伽 Gaile	Jazz Funk 爵士放克 Sharon			
19:00			Capoeira Garic	Power Yoga 力量瑜伽 Carol Tai 19:15-20:15			
19:30	Flow Yoga 流瑜伽 Zoe 19:45-20:45	Aerial Core 空中瑜伽核心 Trista 19:45-20:45	Ashtanga Vinyasa 阿斯湯加瑜伽 Gaile 19:45-20:45	Megadanz 熱力勁舞 Carl 19:45-20:45			
20:00		Bolly Fit 寶萊瑪瘦身舞 Jeet 20:15-21:15	街舞 Hip Hop Yeung 20:15-21:15				
20:30	Zumba Fitness Tommy			Aerial Basic 初級空中瑜伽 Carol Tai			
21:00		Yin Yoga 陰瑜伽 Trista	Aerial Basic 初級空中瑜伽 Gaile	Arnis 菲律賓魔杖 Eldad			
21:30							