

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	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				
12:30				
13:00	**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 (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 (LV2) 泰拳中級班
17:30				
18:00	Muay Thai (LV1) 泰拳初級班 18:15-19:15			
18:30				
19:00	Boxing Pong 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 (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 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				
8:00				
8:30				
9:00				
9:30				
10:00				
10:30				
11:00		Yoga Stretch 伸展瑜伽 Sindy		
11:30			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 Christina
13:00	Yoga Wheel Basic 初級瑜伽輪 Galle	**Power Lunch 午餐瑜伽 Zoe 13:00-13:45	Capoeira Garic / Yoga Wheel Basic 初級瑜伽輪 Annie 13:15-14:15	
13:30				Zumba Fitness Aerith
14:00		Yoga Therapy 理療瑜伽 Zoe 14:15-15:15		Yoga Stretch 伸展瑜伽 Christina 14:15-15:15
14:30			Yoga Stretch 伸展瑜伽 Christina	
15:00				
15:30			Megadanz 熱力勁舞 Carl 15:45-16:45	Yoga Basic 基礎瑜伽 Christina
16:00				
16:30			Hatha Yoga 哈達瑜伽 Christina	
17:00			Sweat Time 爆汗時間 Joo 17:00-17:45	
17:30			Yin Yoga 陰瑜伽 Christina 17:45-18:45	
18:00		Yoga Stretch 伸展瑜伽 Charlie		Aerial Basic 初級空中瑜伽 Sophia
18:30		Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Zoe	
19:00		Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira Garic	
19:30		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			Hip Hop 街舞 Yeung 20:15-21:15	
20:30	Aerial Basic 初級空中瑜伽 Charlie			
21:00		Yin Yoga 陰瑜伽 Zoe		
21:30				

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
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 (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			Mixed Martial Arts 綜合格鬥 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 Fung 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	Boxing Pong 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 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 Isabel Siu				
8:00							
8:30							
9:00			Yoga Therapy 理療瑜伽 Isabel Siu				
9:30							
10:00		Flow Yoga 流瑜伽 Sindy					
10:30							
11:00					Yoga Stretch 伸展瑜伽 Sindy		
11:30			Metro Yoga Inversion & Arm Balance Murali 11:45-12:45 Hip Hop 流行舞 Fung 12:15-13:15			Aerial Basic 初級空中瑜伽 Annie 11:45-12:45	
12:00							
12:30	Hip Hop 流行舞 Fung 12:45-13:45				Hip Hop 流行舞 Fung		Detox Yoga 排毒瑜伽 JS Lee
13:00	Detox Yoga 排毒瑜伽 Jo Chan	**Sweat Time 爆汗時間 Joo 13:00-13:30 / Aerial Basic 初級空中瑜伽 Sophia	**Power Lunch 午餐瑜伽 Jo Chan 13:00-13:45	Yoga Wheel Basic 初級瑜伽輪 Galle	**Power Lunch 午餐瑜伽 Zoe 13:00-13:45	Capoeira Garic / Yoga Wheel Basic 初級瑜伽輪 Annie 13:15-14:15	
13:30							Zumba Fitness Aerith
14:00					Yoga Therapy 理療瑜伽 Zoe 14:15-15:15		Yoga Stretch 伸展瑜伽 JS Lee 14:15-15:15
14:30						Yoga Stretch 伸展瑜伽 Christina	
15:00							
15:30		Yoga Stretch 伸展瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Sophia			Megadanz 熱力勁舞 Carl 15:45-16:45	Yoga Basic 基礎瑜伽 Sophia
16:00							
16:30						Hatha Yoga 哈達瑜伽 Christina	
17:00	Yoga Wheel Basic 初級瑜伽輪 Zoe					Sweat Time 爆汗時間 Joo 17:00-17:45 Yin Yoga 陰瑜伽 Christina 17:45-18:45	
17:30							
18:00				Yoga Stretch 伸展瑜伽 Charlie			Aerial Basic 初級空中瑜伽 Sophia
18:30	Yoga Therapy 理療瑜伽 Zoe	Metro Yoga Yoga Moves Murali	Power Yoga 力量瑜伽 Sophia	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Zoe		
19:00		**Sweat Time 爆汗時間 Joo 19:00-19:45	Capoeira Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira Garic		
19:30	Flow Yoga 流瑜伽 Zoe 19:45-20:45	Aerial Yoga 空中瑜伽 Sophia 19:45-20:45	Yoga Stretch 伸展瑜伽 Sophia 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			K-Pop 韓國流行舞蹈 Sharon 20:15-21:15		Hip Hop 街舞 Yeung 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 Sophia	Aerial Basic 初級空中瑜伽 Sophia		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	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
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 (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			Mixed Martial Arts 綜合格鬥 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 Fung 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	Boxing Pong 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 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 Isabel Siu				
8:00							
8:30							
9:00			Yoga Therapy 理療瑜伽 Isabel Siu				
9:30							
10:00		Flow Yoga 流瑜伽 Sindy					
10:30							
11:00					Yoga Stretch 伸展瑜伽 Sindy		
11:30						Aerial Basic 初級空中瑜伽 Annie 11:45-12:45	
12:00			Hip Hop 流行舞 Fung 12:15-13:15				
12:30	Hip Hop 流行舞 Fung 12:45-13:45				Dancehall 街舞-雷鬼 Kit		Detox Yoga 排毒瑜伽 Esther
13:00	Detox Yoga 排毒瑜伽 Jo Chan	**Sweat Time 爆汗時間 Joo 13:00-13:30 / Aerial Basic 初級空中瑜伽 Sophia	**Power Lunch 午餐瑜伽 Jo Chan 13:00-13:45	Yoga Wheel Basic 初級瑜伽輪 Galle	**Power Lunch 午餐瑜伽 Zoe 13:00-13:45	Capoeira / Yoga Wheel Basic 初級瑜伽輪 Annie 13:15-14:15	
13:30							Zumba Fitness Aerith
14:00					Yoga Therapy 理療瑜伽 Zoe 14:15-15:15		Yoga Stretch 伸展瑜伽 Esther 14:15-15:15
14:30						Yoga Stretch 伸展瑜伽 Christina	
15:00							
15:30		Yoga Stretch 伸展瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Sophia			Megadanz 熱力勁舞 Carl 15:45-16:45	Yoga Basic 基礎瑜伽 Sophia
16:00							
16:30						Hatha Yoga 哈達瑜伽 Christina	
17:00	Yoga Wheel Basic 初級瑜伽輪 Zoe					Sweat Time 爆汗時間 Joo 17:00-17:45	Yin Yoga 陰瑜伽 Christina 17:45-18:45
17:30							
18:00	Metro Dance Jazz Funk Yola			Yoga Stretch 伸展瑜伽 Charlie			Aerial Basic 初級空中瑜伽 Sophia
18:30	Yoga Therapy 理療瑜伽 Zoe	Hatha Yoga 哈達瑜伽 Sophia	Power Yoga 力量瑜伽 Sophia	Jazz Funk 爵士放克 Sharon	Metro Yoga Back Bending Murali		
19:00		**Sweat Time 爆汗時間 Joo 19:00-19:45	Capoeira Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira Garic		
19:30	Flow Yoga 流瑜伽 Zoe 19:45-20:45	Aerial Core 空中瑜伽核心 Sophia 19:45-20:45	Yoga Stretch 伸展瑜伽 Sophia 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			K-Pop 韓國流行舞蹈 Sharon 20:15-21:15		Hip Hop 街舞 Yeung 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 Sophia	Aerial Basic 初級空中瑜伽 Sophia		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	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
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 (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			Mixed Martial Arts 綜合格鬥 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 Fung 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	Boxing Pong 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 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 Isabel Siu				
8:00							
8:30							
9:00			Yoga Therapy 理療瑜伽 Isabel Siu				
9:30							
10:00		Flow Yoga 流瑜伽 Sindy					
10:30							
11:00					Yoga Stretch 伸展瑜伽 Sindy		
11:30						Aerial Basic 初級空中瑜伽 Annie 11:45-12:45	
12:00			Hip Hop 流行舞 Fung 12:15-13:15				
12:30	Hip Hop 流行舞 Fung 12:45-13:45				Dancehall 街舞-雷鬼 Kit		Detox Yoga 排毒瑜伽 JS Lee
13:00	Detox Yoga 排毒瑜伽 Jo Chan	**Sweat Time 爆汗時間 Joo 13:00-13:30 / Aerial Basic 初級空中瑜伽 Sophia	**Power Lunch 午餐瑜伽 Jo Chan 13:00-13:45	Yoga Therapy 理療瑜伽 Jo Chan	**Power Lunch 午餐瑜伽 Zoe 13:00-13:45	Capoeira / Yoga Wheel Basic 初級瑜伽輪 Annie 13:15-14:15	
13:30							Zumba Fitness Aerith
14:00					Yoga Therapy 理療瑜伽 Zoe 14:15-15:15		Yoga Stretch 伸展瑜伽 JS Lee 14:15-15:15
14:30						Yoga Stretch 伸展瑜伽 Christina	
15:00							
15:30		Yoga Stretch 伸展瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Sophia			Megadanz 熱力勁舞 Carl 15:45-16:45	Yoga Basic 基礎瑜伽 Sophia
16:00							
16:30						Hatha Yoga 哈達瑜伽 Christina	
17:00	Yoga Wheel Basic 初級瑜伽輪 Zoe					Sweat Time 爆汗時間 Joo 17:00-17:45	
17:30						Yin Yoga 陰瑜伽 Christina 17:45-18:45	
18:00				Yoga Stretch 伸展瑜伽 Charlie			Aerial Basic 初級空中瑜伽 Sophia
18:30	Yoga Therapy 理療瑜伽 Zoe	Hatha Yoga 哈達瑜伽 Sophia	Power Yoga 力量瑜伽 Sophia		Yoga Stretch 伸展瑜伽 Zoe		
19:00		**Sweat Time 爆汗時間 Joo 19:00-19:45	Capoeira Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira Garic		
19:30	Flow Yoga 流瑜伽 Zoe 19:45-20:45	Aerial Core 空中瑜伽核心 Sophia 19:45-20:45	Metro Yoga Inversion & Arm Balance Murali 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		寶萊塢瘦身舞 Bolly Fit Jeet 20:15-21:15	Metro Dance Jazz Funk Yola 20:15-21:15		Hip Hop 街舞 Yeung 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 Sophia	Aerial Basic 初級空中瑜伽 Sophia		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	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					
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 (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
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	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		
17:30					
18:00			Mixed Martial Arts 綜合格鬥 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 Fung 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	Boxing Pong 19:15-20:15	Muay Thai (LV1) 泰拳初級班
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 (進階課堂需親臨分店繳交課堂費用)
電話：2116 3363

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 Isabel Siu		
8:00					
8:30					
9:00			Yoga Therapy 理療瑜伽 Isabel Siu		
9:30					
10:00		Flow Yoga 流瑜伽 Sindy			
10:30					
11:00					Yoga Stretch 伸展瑜伽 Sindy
11:30					
12:00			Hip Hop 流行舞 Fung 12:15-13:15		
12:30	Hip Hop 流行舞 Fung 12:45-13:45				Metro Dance Jazz Funk Yola
13:00	Detox Yoga 排毒瑜伽 Jo Chan	**Sweat Time 爆汗時間 Joo 13:00-13:30 / Aerial Basic 初級空中瑜伽 Sophia	**Power Lunch 午餐瑜伽 Jo Chan 13:00-13:45	Yoga Wheel Basic 初級瑜伽輪 Gaile	**Power Lunch 午餐瑜伽 Zoe 13:00-13:45
13:30					
14:00					Yoga Therapy 理療瑜伽 Zoe 14:15-15:15
14:30					
15:00					
15:30		Yoga Stretch 伸展瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Sophia		
16:00					
16:30					
17:00	Yoga Wheel Basic 初級瑜伽輪 Zoe				
17:30					
18:00				Yoga Stretch 伸展瑜伽 Charlie	
18:30	Yoga Therapy 理療瑜伽 Zoe	Hatha Yoga 哈達瑜伽 Sophia	Power Yoga 力量瑜伽 Sophia	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Zoe
19:00		**Sweat Time 爆汗時間 Joo 19:00-19:45	Capoeira Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira Garic
19:30	Flow Yoga 流瑜伽 Alex Pang 19:45-20:45	Aerial Core 空中瑜伽核心 Sophia 19:45-20:45	Yoga Stretch 伸展瑜伽 Sophia 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		寶萊塢瘦身舞 Bolly Fit Jeet 20:15-21:15	K-Pop 韓國流行舞蹈 Sharon 20:15-21:15		Hip Hop 街舞 Yeung 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 Sophia	Aerial Basic 初級空中瑜伽 Sophia		Yin Yoga 陰瑜伽 Zoe
21:30					