

泰拳課堂 Muay Thai Class

Time/Date				1/3/2019,Fri	2/3/2019,Sat	3/3/2019,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 (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		
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						
18:30						
19:00				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				**泰激決進階班 Advanced Muay Thai \$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					1/3/2019,Fri	2/3/2019,Sat	3/3/2019,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 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 Isabel Siu
13:00					**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							街舞 Hip Hop Scott Choi
14:00					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						Megadanz 熱力勁舞 Carl 15:45-16:45	Yoga Basic 基礎瑜伽 Isabel Siu
16:00							
16:30						Hatha Yoga 哈達瑜伽 Alex Pang	
17:00							
17:30						Yin Yoga 陰瑜伽 Trista 17:45-18:45	
18:00							Hatha Yoga 哈達瑜伽 Trista
18:30					Yoga Stretch 伸展瑜伽 Zoe		
19:00					Capoeira Garic		Aerial Basic 初級空中瑜伽 Trista 19:15-20:15
19:30					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		
20:30							
21:00					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	4/3/2019, Mon	5/3/2019, Tue	6/3/2019, Wed	7/3/2019, Thu	8/3/2019, Fri	9/3/2019, Sat	10/3/2019, 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				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 (LV1) 西洋拳初級班 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	**Advanced Muay Thai 泰拳進階班 \$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	**Advanced Muay Thai 泰拳進階班 \$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	4/3/2019, Mon	5/3/2019, Tue	6/3/2019, Wed	7/3/2019, Thu	8/3/2019, Fri	9/3/2019, Sat	10/3/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30			Gentle Yoga 和緩瑜伽 Manish 10:45-11:45				
11:00			Yoga Therapy 理療瑜伽 Flora		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			**Power Lunch 午餐瑜伽 Manish 12:00-12:45				
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 / **Fat Blast Time 爆脂時間 Fung 13:15-14:00	**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 Annie 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		K-Pop 韓國流行舞蹈 Scott Choi 15:45-16:45	Yoga Basic 基礎瑜伽 Isabel Siu
16:00							
16:30						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						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 Trista	Power Yoga 力量瑜伽 Gaile	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Zoe		
19:00	**Fat Blast Time 爆脂時間 Fung 19:00-19:45		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		Yoga Wheel II 瑜伽輪級別二 Zoe 19:45-20:45		
20:00		Bolly Fit 寶萊瑜身舞 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 森巴 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	11/3/2019, Mon	12/3/2019, Tue	13/3/2019, Wed	14/3/2019, Thu	15/3/2019, Fri	16/3/2019, Sat	17/3/2019, 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				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		Boxing (LV1) 西洋拳初級班 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	**Advanced Muay Thai 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	**Advanced Muay Thai 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	11/3/2019, Mon	12/3/2019, Tue	13/3/2019, Wed	14/3/2019, Thu	15/3/2019, Fri	16/3/2019, Sat	17/3/2019, 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		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 / **Fat Blast Time 燃脂時間 Fung 13:15-14:00	**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 Jo Chan 13:00-13:45	Capoeira Garic / Yoga Wheel Basic 初級瑜伽輪 Annie 13:15-14:15	
13:30							街舞 Hip Hop Scott Choi
14:00							Yoga Stretch 伸展瑜伽 Isabel Siu 14:15-15:15
14:30				Arnis 菲律賓魔杖 Eldad	Yoga Therapy 理療瑜伽 Jo Chan 14:15-15:15		
15:00				Hatha Yoga 哈達瑜伽 Manish		Yoga Stretch 伸展瑜伽 Alex Pang	
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	Yin Yoga 陰瑜伽 Manish	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 Manish	Power Yoga 力量瑜伽 Gaile	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Zoe		
19:00	**Fat Blast Time 燃脂時間 Fung 19:00-19:45		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 森巴 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 (進階課堂需親臨分店繳交課堂費用)
電話：2116 3363

3月份課程時間表 (FAC 荔枝角 D2店)
Class Schedule Mar (FAC Lai Chi Kok D2)



泰拳課堂 Muay Thai Class							
Time/Date	18/3/2019, Mon	19/3/2019, Tue	20/3/2019, Wed	21/3/2019, Thu	22/3/2019, Fri	23/3/2019, Sat	24/3/2019, 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				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 (LV1) 西洋拳初級班 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	**Advanced Muay Thai 泰拳決進階 \$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	Advanced Muay Thai 泰拳決進階 \$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	18/3/2019, Mon	19/3/2019, Tue	20/3/2019, Wed	21/3/2019, Thu	22/3/2019, Fri	23/3/2019, Sat	24/3/2019, 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		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 / **Fat Blast Time 爆脂時間 Fung 13:00-13:45	**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 Annie 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	Gentle Yoga 和緩瑜伽 Js Lee		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 Manish 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	**Fat Blast Time 爆脂時間 Fung 19:00-19:45		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 Basic 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	Hip Hop 街舞 Yeung 20:15-21:15		K-Pop 韓國流行舞蹈 Sharon 20:15-21:15		
20:30	Zumba 森巴 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							

泰拳課堂 Muay Thai Class

Time/Date	25/3/2019, Mon	26/3/2019, Tue	27/3/2019, Wed	28/3/2019, Thu	29/3/2019, Fri	30/3/2019, Sat	31/3/2019, 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		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				Muay Thai (LV1) 泰拳初級班 18:15-19:15			
18:30							
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 (LV1) 西洋拳初級班 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	**Advanced Muay Thai 泰拳中級班 \$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	**Advanced Muay Thai 泰拳中級班 \$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 Yoga and Dance Class

Time/Date	25/3/2019, Mon	26/3/2019, Tue	27/3/2019, Wed	28/3/2019, Thu	29/3/2019, Fri	30/3/2019, Sat	31/3/2019, 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		Yoga Stretch 伸展瑜伽 Annie		
11:30			Arnis 菲律賓魔杖 Eldad			Aerial Basic 初級空中瑜伽 Annie 11:45-12:45	
12:00							
12:30					街舞 Hip Hop Yeung		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 / **Fat Blast Time 爆脂時間 Fung 13:15-14:00	**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 Manish	**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							街舞 Hip Hop Yeung
14:00					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 Gaile			Hatha Yoga 哈達瑜伽 Trista
18:30	Yoga Therapy 理療瑜伽 Zoe	Hatha Yoga 哈達瑜伽 Trista	Power Yoga 力量瑜伽 Gaile	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Zoe		
19:00	**Fat Blast Time 爆脂時間 Fung 19:00-19:45		Capoeira Garic	Power Yoga 力量瑜伽 Gaile 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 Basic 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 森巴 Millie				Aerial Basic 初級空中瑜伽 Gaile		
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							