

泰拳課堂 Muay Thai Class

Time/Date	1/5/2019,Wed	2/5/2019,Thu	3/5/2019,Fri	4/5/2019,Sat	5/5/2019,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	**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 (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 (LV3) 泰拳高級班	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 (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	1/5/2019,Wed	2/5/2019,Thu	3/5/2019,Fri	4/5/2019,Sat	5/5/2019,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 Jo Chan		
11:30	Arnis 菲律賓魔杖 Eldad			Aerial Basic 初級空中瑜伽 Annie 11:45-12:45	
12:00	**Maximum Burn Canga 12:15-12:45		**Maximum Burn Canga 12:15-12:45		
12:30					Detox Yoga 排毒瑜伽 Isabel Siu
13:00	**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 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					
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	Aerial Basic 初級空中瑜伽 Ringo Wong	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			Myofascial Release 肌筋膜放鬆術 Alex Pang	
17:00		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		Power Yoga 力量瑜伽 Galle	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Alex Pang / **Maximum Burn Canga 18:30-19:00	
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	Ashtanga Vinyasa 阿斯湯加瑜伽 Galle 19:45-20:45	Megadanz 熱力勁舞 Carl 19:45-20:45	Myofascial Release 肌筋膜放鬆術 Alex Pang 19:45-20:45		
20:00	街舞 Hip Hop Yeung 20:15-21:15		K-Pop 韓國流行舞蹈 Sharon 20:15-21:15		
20:30					
21:00		Aerial Basic 初級空中瑜伽 Galle	Aerial Basic 初級空中瑜伽 Charlie	Yin Yoga 陰瑜伽 Alex Pang	
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	6/5/2019, Mon	7/5/2019, Tue	8/5/2019, Wed	9/5/2019, Thu	10/5/2019, Fri	11/5/2019, Sat	12/5/2019, 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	6/5/2019, Mon	7/5/2019, Tue	8/5/2019, Wed	9/5/2019, Thu	10/5/2019, Fri	11/5/2019, Sat	12/5/2019, 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 Jo Chan		Yoga Stretch 伸展瑜伽 Jo Chan		
11:30						Aerial Basic 初級空中瑜伽 Annie 11:45-12:45	
12:00	**Maximum Burn Canga 12:15-12:45		**Maximum Burn Canga 12:15-12:45		**Maximum Burn Canga 12:15-12:45		
12:30							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	Yoga Wheel Basic 初級瑜伽輪 Gaile	**Power Lunch 午餐瑜伽 Manish 13:00-13:45	Capoeira Garic / Yoga Wheel Basic 初級瑜伽輪 Annie 13:15-14:15	
13:30							Zumba 森巴 Aerith
14:00					Yoga Therapy 理療瑜伽 Manish 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						Myofascial Release 肌筋膜放鬆術 Alex Pang	
17:00	Yoga Wheel Basic 初級瑜伽輪 Manish	Yin Yoga 陰瑜伽 Js Lee		Arnis 菲律賓農杖 Eldad			
17:30						Yin Yoga 陰瑜伽 Alex Pang 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 Manish / **Maximum Burn Canga 18:30-19:00 **Fat Blast Time 爆脂時間 Fung 19:00-19:45	Hatha Yoga 哈達瑜伽 Js Lee	Power Yoga 力量瑜伽 Gaile / **Maximum Burn Canga 18:30-19:00	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Manish / **Maximum Burn Canga 18:30-19:00		
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 Manish 19:45-20:45	Aerial Core 空中瑜伽核心 Carol Tai 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 Manish 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 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		Yin Yoga 陰瑜伽 Manish		
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	13/5/2019, Mon	14/5/2019, Tue	15/5/2019, Wed	16/5/2019, Thu	17/5/2019, Fri	18/5/2019, Sat	19/5/2019, 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 (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 (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 (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				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 (LV3) 泰拳高級班	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		**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	13/5/2019, Mon	14/5/2019, Tue	15/5/2019, Wed	16/5/2019, Thu	17/5/2019, Fri	18/5/2019, Sat	19/5/2019, 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 Js Lee		Yoga Stretch 伸展瑜伽 Jo Chan		
11:30						Aerial Basic 初級空中瑜伽 Annie 11:45-12:45	
12:00	**Maximum Burn Canga 12:15-12:45				**Maximum Burn Canga 12:15-12:45		
12:30							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 13:00-13:45	**Power Lunch 午餐瑜伽 Jo Chan 13:00-13:45	Yoga Wheel Basic 初級瑜輪 Gaile	**Power Lunch 午餐瑜伽 Zoe 13:00-13:45	Capoeira Garic / Yoga Wheel Basic 初級瑜輪 Annie 13:15-14:15	
13:30							Zumba 森巴 Aerith
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				Hatha Yoga 哈達瑜伽 Manish		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				Yin Yoga 陰瑜伽 Manish		Myofascial Release 肌筋膜放鬆術 Alex Pang	
17:00	Yoga Wheel Basic 初級瑜輪 Zoe			Arnis 菲律賓農杖 Eldad			
17:30						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 / **Maximum Burn Canga 18:30-19:00 **Fat Blast Time	Hatha Yoga 哈達瑜伽 Trista	Power Yoga 力量瑜伽 Gaile / **Maximum Burn Canga 18:30-19:00	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Isabel / **Maximum Burn Canga 18:30-19:00		
19:00			Capoeira Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira Garic	Yin Yoga 陰瑜伽 Manish	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 瑜輪輪級別二 Isabel 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		Yin Yoga 陰瑜伽 Isabel		
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

5月份課程時間表 (FAC 荔枝角 D2店)
Class Schedule May (FAC Lai Chi Kok D2)



泰拳課堂 Muay Thai Class							
Time/Date	20/5/2019, Mon	21/5/2019, Tue	22/5/2019, Wed	23/5/2019, Thu	24/5/2019, Fri	25/5/2019, Sat	26/5/2019, 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 (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 (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	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 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							

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	20/5/2019, Mon	21/5/2019, Tue	22/5/2019, Wed	23/5/2019, Thu	24/5/2019, Fri	25/5/2019, Sat	26/5/2019, 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 Manish		
11:30						Aerial Basic 初級空中瑜伽 Annie 11:45-12:45	
12:00	**Maximum Burn Canga 12:15-12:45		**Maximum Burn Canga 12:15-12:45		**Maximum Burn Canga 12:15-12:45		
12:30							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 Galle / **Fat Blast Time 爆脂時間 Fung 13:00-13:45	**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 Manish 13:00-13:45	Capoeira Garic / Yoga Wheel Basic 初級瑜伽輪 Annie 13:15-14:15	
13:30							Zumba 森巴 Aerith
14:00					Yoga Therapy 理療瑜伽 Manish 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 Ringo Wong	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						Myofascial Release 肌筋膜放鬆術 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						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 / **Maximum Burn Canga 18:30-19:00	Hatha Yoga 哈達瑜伽 Trista	Power Yoga 力量瑜伽 Galle / **Maximum Burn Canga 18:30-19:00	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Manish / **Maximum Burn Canga 18:30-19:00		
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	Gentle Yoga 和緩瑜伽 Manish	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 Galle 19:45-20:45	Megadanz 熱力勁舞 Carl 19:45-20:45	Yoga Wheel II 瑜伽輪級別二 Alex Pang 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	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 Galle		Yin Yoga 陰瑜伽 Alex Pang		
21:30							

泰拳課堂 Muay Thai Class

Time/Date	27/5/2019, Mon	28/5/2019, Tue	29/5/2019, Wed	30/5/2019, Thu	31/5/2019, Fri
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	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				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	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 19:15-20:15	Boxing (LV1) 西洋拳初級班 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	**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					

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	27/5/2019, Mon	28/5/2019, Tue	29/5/2019, Wed	30/5/2019, Thu	31/5/2019, Fri
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00			Yoga Therapy 理療瑜伽 Js Lee		Yoga Stretch 伸展瑜伽 Jo Chan
11:30					
12:00	**Maximum Burn Canga 12:15-12:45		**Maximum Burn Canga 12:15-12:45		**Maximum Burn Canga 12:15-12:45
12:30					
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 13:00-13:45	**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 Annie	Self-Defense 以色列軍用搏擊術 Eldad 15:45-16:45	
16:00					
16:30					
17:00	Yoga Wheel Basic 初級瑜伽輪 Zoe			Arnis 菲律賓魔杖 Eldad	
17:30					
18:00				Yoga Stretch 伸展瑜伽 Charlie	
18:30	Yoga Therapy 理療瑜伽 Zoe / **Maximum Burn Canga 18:30-19:00 **Fat Blast Time 燃脂時間 Fung 19:00-19:45	Hatha Yoga 哈達瑜伽 Js Lee	Power Yoga 力量瑜伽 Gaile / **Maximum Burn Canga 18:30-19:00	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Js Lee / **Maximum Burn Canga 18:30-19:00
19:00			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 Carol Tai 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	Hatha Yoga 2 哈達瑜伽 2 Js Lee 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 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		Yin Yoga 陰瑜伽 Js Lee
21:30					