

泰拳課堂 Muay Thai Class

Time/Date					1/6/2019,Sat	2/6/2019,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 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						
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 (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班
19:30						
20:00						
20:30						
21:00						
21:30						

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date						1/6/2019,Sat	2/6/2019,Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30						Aerial Basic 初級空中瑜伽 Carol Tai 11:45-12:45	
12:00							
12:30							Detox Yoga 排毒瑜伽 Isabel Siu
13:00						Capoeira Garic / Yoga Wheel Basic 初級瑜伽輪 Carol Tai 13:15-14:15	
13:30							Zumba 森巴 Aerith
14:00							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						Myofascial Release 肌筋膜放鬆術 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							
19:00							Aerial Basic 初級空中瑜伽 Trista 19:15-20:15
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 (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	3/6/2019, Mon	4/6/2019, Tue	5/6/2019, Wed	6/6/2019, Thu	7/6/2019, Fri	8/6/2019, Sat	9/6/2019, Sun
7:00							
7:30							
8:00							
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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 Lady 泰拳女子班	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 (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		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			**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 (LV3) 泰拳高級班	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			
20:30							
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	3/6/2019, Mon	4/6/2019, Tue	5/6/2019, Wed	6/6/2019, Thu	7/6/2019, Fri	8/6/2019, Sat	9/6/2019, Sun
7:00							
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8:00							
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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 Jo Chan		Yoga Stretch 伸展瑜伽 Jo Chan		
11:30						Aerial Basic 初級空中瑜伽 Carol Tai 11:45-12:45	
12:00	**Maximum Burn Canga 12:15-12:45	**Power Lunch 午餐瑜伽 Manish 12:00-12:45	**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 燃脂時間 Fung	**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	Capoeira Garic / Yoga Wheel Basic 初級瑜伽輪 Carol Tai 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						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 Karen Li	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 / **Maximum Burn Canga 18:30-19:00	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 Manish / **Maximum Burn Canga 18:30-19:00		
19:00	**Fat Blast Time 燃脂時間 Fung 19:00-19:45	Bollywood 寶萊塢舞蹈 Jeet	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 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	10/6/2019, Mon	11/6/2019, Tue	12/6/2019, Wed	13/6/2019, Thu	14/6/2019, Fri	15/6/2019, Sat	16/6/2019, Sun
7:00							
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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	10/6/2019, Mon	11/6/2019, Tue	12/6/2019, Wed	13/6/2019, Thu	14/6/2019, Fri	15/6/2019, Sat	16/6/2019, Sun
7:00							
7:30							
8:00							
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9:30							
10:00							
10:30							
11:00			Yoga Therapy 理療瑜伽 Jo Chan		Yoga Stretch 伸展瑜伽 Tina		
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 Carol Tai / **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 Carol Tai	**Power Lunch 午餐瑜伽 Tina 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 Yoga Stretch 伸展瑜伽 Isabel Siu 14:15-15:15
14:00					Yoga Therapy 理療瑜伽 Tina 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 Zoe			Arnis 菲律賓魔杖 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 Zoe / **Maximum Burn Canga 18:30-19:00	Hatha Yoga 哈達瑜伽 Trista	Power Yoga 力量瑜伽 Carol Tai / **Maximum Burn Canga 18:30-19:00	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Angela / **Maximum Burn Canga 18:30-19:00		
19:00	**Fat Blast Time 爆脂時間 Fung 19:00-19:45	Bollywood 寶萊塢舞蹈 Jeet	Capoeira Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira Garic	Yin Yoga 陰瑜伽 Alex Pang	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 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 Angela 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 Carol Tai		Yin Yoga 陰瑜伽 Angela		
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

6月份課程時間表 (FAC 荔枝角 D2店)  
Class Schedule Jun (FAC Lai Chi Kok D2)



泰拳課堂 Muay Thai Class							
Time/Date	17/6/2019, Mon	18/6/2019, Tue	19/6/2019, Wed	20/6/2019, Thu	21/6/2019, Fri	22/6/2019, Sat	23/6/2019, 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 泰拳決進階班 \$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	17/6/2019, Mon	18/6/2019, Tue	19/6/2019, Wed	20/6/2019, Thu	21/6/2019, Fri	22/6/2019, Sat	23/6/2019, Sun
7:00							
7:30							
8:00							
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9:00							
9:30							
10:00							
10:30							
11:00			Yoga Therapy 理療瑜伽 Ringo Wong		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 Angela 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 Carol Tai / **Fat Blast Time 爆脂時間 Fung 13:00-13:45	**Power Lunch 午餐瑜伽 Ringo Wong 13:00-13:45	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							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						Yoga Stretch 伸展瑜伽 Alex Pang	
15:00							
15:30		Yoga Stretch 伸展瑜伽 Carol Tai	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 Zoe			Arnis 菲律賓魔杖 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 Ringo Wong
18:30	Yoga Therapy 理療瑜伽 Zoe / **Maximum Burn Canga 18:30-19:00	Hatha Yoga 哈達瑜伽 Charlie	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 Zoe / **Maximum Burn Canga 18:30-19:00		
19:00	**Fat Blast Time 爆脂時間 Fung 19:00-19:45	Bollywood 寶萊塢舞蹈 Jeet	Capoeira Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira Garic		Aerial Basic 初級空中瑜伽 Ringo Wong 19:15-20:15
19:30	Flow Yoga 流瑜伽 Zoe 19:45-20:45	Aerial Core 空中瑜伽核心 Charlie 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 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 Zoe		
21:30							

泰拳課堂 Muay Thai Class

Time/Date	24/6/2019, Mon	25/6/2019, Tue	26/6/2019, Wed	27/6/2019, Thu	28/6/2019, Fri	29/6/2019, Sat	30/6/2019, 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							

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	24/6/2019, Mon	25/6/2019, Tue	26/6/2019, Wed	27/6/2019, Thu	28/6/2019, Fri	29/6/2019, Sat	30/6/2019, 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 Annie		Yoga Stretch 伸展瑜伽 Angela		
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 Ringo Wong	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 Annie 13:00-13:45	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							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						Yoga Stretch 伸展瑜伽 Alex Pang	
15:00							
15:30		Yoga Stretch 伸展瑜伽 Manish	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 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 / **Maximum Burn Canga 18:30-19:00	Hatha Yoga 哈達瑜伽 Manish	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 Zoe / **Maximum Burn Canga 18:30-19:00		
19:00	**Fat Blast Time 燃脂時間 Fung 19:00-19:45	Bollywood 寶萊塢舞蹈 Jeet	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 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 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 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 Zoe		
21:30							