

泰拳課堂 Muay Thai Class

Time/Date	1/9/2019, 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
11:00	
11:30	
12:00	
12:30	
13:00	Muay Thai Lady 泰拳女子班
13:30	
14:00	
14:30	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
17:30	
18:00	
18:30	Muay Thai (LV1) 泰拳初級班
19:00	
19:30	
20:00	
20:30	
21:00	
21:30	

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	1/9/2019, Sun
7:00	
7:30	
8:00	
8:30	
9:00	
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10:00	
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11:00	
11:30	
12:00	
12:30	Detox Yoga 排毒瑜伽 Isabel Siu
13:00	
13:30	Zumba 森巴 Shirly Tsang
14:00	Yoga Stretch 伸展瑜伽 Isabel Siu 14:15-15:15
14:30	
15:00	
15:30	Pilates Mat Work 墊上彼拉提斯 Isabel Siu
16:00	
16:30	
17:00	
17:30	
18:00	Hatha Yoga 哈達瑜伽 Isabel Siu
18:30	
19:00	Aerial Basic 初級空中瑜伽 Carol Tai 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	2/9/2019, Mon	3/9/2019, Tue	4/9/2019, Wed	5/9/2019, Thu	6/9/2019, Fri	7/9/2019, Sat	8/9/2019, Sun
7:00							
7:30							
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9:00							
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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 (LV2) 泰拳中級班	**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 (LV1) 泰拳初級班			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			Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班 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	Muay Thai (LV1) 泰拳初級班 / **Advanced Muay Thai 泰激決進階班 \$150/Person 20:00-21:30	Muay Thai (LV1) 泰拳初級班 20:15-21:15	Muay Thai (LV3) 泰拳高級班 20:15-21:15	Muay Thai (LV1) 泰拳初級班 / **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	2/9/2019, Mon	3/9/2019, Tue	4/9/2019, Wed	5/9/2019, Thu	6/9/2019, Fri	7/9/2019, Sat	8/9/2019, Sun
7:00							
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10:30							
11:00			Yoga Therapy 理療瑜伽 Flora		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 Carol Tai / **Fat Blast Time 爆脂時間 Fung 13:00-13:45	**Power Lunch 午餐瑜珈 Jo Chan 13:00-13:45	Yoga Wheel Basic 初級瑜珈輪 Carol Tai	**Power Lunch 午餐瑜珈 Zoe 13:00-13:45	Capoeira 巴西戰舞 Garic / Yoga Wheel Basic 初級瑜珈輪 Annie 13:15-14:15	
13:30							Zumba 森巴 Shirly Tsang Yoga Stretch 伸展瑜珈 Isabel Siu 14:15-15:15
14:00					Yoga Therapy 理療瑜珈 Zoe 14:15-15:15		
14:30						Yoga Stretch 伸展瑜珈 Alex Panq	
15:00				Hatha Yoga 哈達瑜珈 Manish			
15:30		Yoga Stretch 伸展瑜珈 Jo Chan	Aerial Basic 初級空中瑜珈 Annie			Megadanz 熱力勁舞 Carl 15:45-16:45	Pilates Mat Work 墊上彼拉提斯 Isabel Siu
16:00							
16:30						Myofascial Release 肌筋膜放鬆術 Alex Panq	
17:00	Flow Yoga 流瑜珈 Zoe			Ashtanga Vinyasa 阿斯湯加瑜珈 Manish			
17:30						Yin Yoga 陰瑜珈 Trista 17:45-18:45	
18:00				Yoga Stretch 伸展瑜珈 Jessica			Hatha Yoga 哈達瑜珈 Trista
18:30	Yoga Therapy 理療瑜珈 Zoe / **Maximum Burn Canga 18:30-19:00	Hatha Yoga 哈達瑜珈 Trista	Power Yoga 力量瑜珈 Zoe / **Maximum Burn Canga 18:30-19:00	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜珈 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 巴西戰舞 Garic	Power Yoga 力量瑜珈 Jessica 19:15-20:15	Capoeira 巴西戰舞 Garic		Aerial Basic 初級空中瑜珈 Trista 19:15-20:15
19:30	Yoga Wheel Basic 初級瑜珈輪 Zoe 19:45-20:45	Aerial Core 空中瑜珈核心 Trista 19:45-20:45	Myofascial Release 肌筋膜放鬆術 Zoe 19:45-20:45	Megadanz 熱力勁舞 Carl 19:45-20:45	Yoga Wheel II 瑜珈輪級別二 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 初級空中瑜珈 Hontas Wong 20:45-21:45			
21:00		Yin Yoga 陰瑜珈 Trista	Aerial Basic 初級空中瑜珈 Hontas Wong	巴西柔術 Brazilian jiu-jitsu	Yin Yang Yoga 陰陽瑜珈 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	9/9/2019, Mon	10/9/2019, Tue	11/9/2019, Wed	12/9/2019, Thu	13/9/2019, Fri	14/9/2019, Sat	15/9/2019, Sun
7:00							
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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 (LV2) 泰拳中級班	**Funky Muay Thai 放克泰拳 Fung 13:00-13:45	Muay Thai (LV2) 泰拳中級班	Muay Thai Lady 泰拳女子班	Muay Thai Lady 泰拳女子班
13:30							
14:00							
14:30						Muay Thai (LV1) 泰拳初級班	Muay Thai (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 (LV1) 泰拳初級班			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			Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班 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	Muay Thai (LV1) 泰拳初級班 / **Advanced Muay Thai 泰拳決進階班 \$150/Person 20:00-21:30	Muay Thai (LV1) 泰拳初級班 20:15-21:15	Muay Thai (LV3) 泰拳高級班 20:15-21:15	Muay Thai (LV1) 泰拳初級班 / **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	9/9/2019, Mon	10/9/2019, Tue	11/9/2019, Wed	12/9/2019, Thu	13/9/2019, Fri	14/9/2019, Sat	15/9/2019, Sun
7:00							
7:30							
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10:00							
10:30							
11:00		Hatha Yoga 哈達瑜伽 JS Lee	Yoga Therapy 理療瑜伽 Flora		Yoga Stretch 伸展瑜伽 Jo Chan		
11:30						Aerial Basic 初級空中瑜伽 Patty Fung 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 Emma Kawa
13:00	Detox Yoga 排毒瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Carol Tai / **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 Carol Tai	**Power Lunch 午餐瑜伽 Jessica 13:00-13:45	Capoeira 巴西戰舞 Garic / Yoga Therapy 理療瑜伽 Jo Chan 13:15-14:15	
13:30							Zumba 森巴 Shirly Tsang Yoga Stretch 伸展瑜伽 Emma Kawa 14:15-15:15
14:00					Yoga Therapy 理療瑜伽 Jessica 14:15-15:15	巴西柔術 Brazilian jiu-jitsu 14:15-15:15	
14:30						Yoga Stretch 伸展瑜伽 Jo Chan	
15:00							
15:30		Yoga Stretch 伸展瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Annie			Megadanz 熱力勁舞 Carl 15:45-16:45	Pilates Mat Work 墊上彼拉提斯 Carol Tai
16:00						Yoga Stretch 伸展瑜伽 Trista	
16:30							
17:00	Flow Yoga 流瑜伽 Zoe					Yin Yoga 陰瑜伽 Trista 17:45-18:45	
17:30							
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 Zoe / **Maximum Burn Canga 18:30-19:00	Jazz Funk 爵士放克 Sharon	Yoga Stretch 伸展瑜伽 Manish / **Maximum Burn Manish 18:30-19:00		
19:00		Bollywood 寶萊塢舞蹈 Jeet	Capoeira 巴西戰舞 Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	Capoeira 巴西戰舞 Garic		Aerial Basic 初級空中瑜伽 Trista 19:15-20:15
19:30	Yoga Wheel Basic 初級瑜伽輪 Zoe 19:45-20:45	Aerial Core 空中瑜伽核心 Trista 19:45-20:45	Myofascial Release 肌筋膜放鬆術 Zoe 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				
20:30	Zumba 森巴 Tommy			Aerial Basic 初級空中瑜伽 Hontas Wong 20:45-21:45		Yin Yang Yoga 陰陽瑜伽 Manish	
21:00		Yin Yoga 陰瑜伽 Trista	Aerial Basic 初級空中瑜伽 Hontas Wong				
21:30							

泰拳課堂 Muay Thai Class

Time/Date	16/9/2019, Mon	17/9/2019, Tue	18/9/2019, Wed	19/9/2019, Thu	20/9/2019, Fri	21/9/2019, Sat	22/9/2019, Sun
7:00							
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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 (LV2) 泰拳中級班	**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 (LV1) 泰拳初級班			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			Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班 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	Muay Thai (LV1) 泰拳初級班 / **Advanced Muay Thai 泰激決進階班 \$150/Person 20:00-21:30	Muay Thai (LV1) 泰拳初級班 20:15-21:15	Muay Thai (LV3) 泰拳高級班 20:15-21:15	Muay Thai (LV1) 泰拳初級班 / **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	16/9/2019, Mon	17/9/2019, Tue	18/9/2019, Wed	19/9/2019, Thu	20/9/2019, Fri	21/9/2019, Sat	22/9/2019, Sun
7:00							
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10:00							
10:30							
11:00		Hatha Yoga 哈達瑜伽 Manish	Yoga Therapy 理療瑜伽 Carol Tai		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 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 Zoe 13:00-13:45	Capoeira 巴西戰舞 Garic / Yoga Wheel Basic 初級瑜伽輪 Annie 13:15-14:15	
13:30							Zumba 森巴 Shirly Tsang Yoga Stretch 伸展瑜伽 Isabel Siu 14:15-15:15
14:00					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			雷米斯熱舞 Ritmos Carl 15:45-16:45	Pilates Mat Work 墊上彼拉提斯 Isabel Siu
16:00							
16:30						Myofascial Release 肌筋膜放鬆術 Alex Pang	
17:00	Flow Yoga 流瑜伽 Zoe						
17:30						Yin Yoga 陰瑜伽 Jessica 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 Zoe / **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 巴西戰舞 Garic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	巴西柔術 Brazilian jiu-jitsu 19:15-20:15		Aerial Basic 初級空中瑜伽 Trista 19:15-20:15
19:30	Yoga Wheel Basic 初級瑜伽輪 Zoe 19:45-20:45	Aerial Core 空中瑜伽核心 Trista 19:45-20:45	Myofascial Release 肌筋膜放鬆術 Zoe 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				
20:30	Zumba 森巴 Tommy			Aerial Basic 初級空中瑜伽 Hontas Wong 20:45-21:45	K-Pop 韓國流行舞蹈 Sharon		
21:00		Yin Yoga 陰瑜伽 Trista	Aerial Basic 初級空中瑜伽 Hontas Wong	巴西柔術 Brazilian jiu-jitsu	Yin Yang Yoga 陰陽瑜伽 Zoe		
21:30							

泰拳課堂 Muay Thai Class

Time/Date	23/9/2019, Mon	24/9/2019, Tue	25/9/2019, Wed	26/9/2019, Thu	27/9/2019, Fri	28/9/2019, Sat	29/9/2019, 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 (LV2) 泰拳中級班	**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 (LV1) 泰拳初級班			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			Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班 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	Muay Thai (LV1) 泰拳初級班 / **Advanced Muay Thai 泰激決進階班 \$150/Person 20:00-21:30	Muay Thai (LV1) 泰拳初級班 20:15-21:15	Muay Thai (LV3) 泰拳高級班 20:15-21:15	Muay Thai (LV1) 泰拳初級班 / **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	23/9/2019, Mon	24/9/2019, Tue	25/9/2019, Wed	26/9/2019, Thu	27/9/2019, Fri	28/9/2019, Sat	29/9/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00		Hatha Yoga 哈達瑜伽 JS Lee	Yoga Therapy 理療瑜伽 Carol Tai		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 Carol Tai / **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 Carol Tai	**Power Lunch 午餐瑜伽 Zoe 13:00-13:45	Capoeira 巴西戰舞 Garlic / Yoga Wheel Basic 初級瑜伽輪 Annie 13:15-14:15	
13:30							Zumba 森巴 Shirly Tsang Yoga Stretch 伸展瑜伽 Isabel Siu 14:15-15:15
14:00					Yoga Therapy 理療瑜伽 Zoe 14:15-15:15		
14:30				Hatha Yoga 哈達瑜伽 Manish		Yoga Therapy 理療瑜伽 Jo Chan	
15:00							
15:30		Yoga Stretch 伸展瑜伽 Jo Chan	Aerial Basic 初級空中瑜伽 Annie			Megadanz 熱力勁舞 Carl 15:45-16:45	Pilates Mat Work 墊上彼拉提斯 Isabel Siu
16:00				Ashtanga Vinyasa 阿斯湯加瑜伽 Manish			
16:30						Yoga Stretch 伸展瑜伽 Jessica	
17:00	Flow Yoga 流瑜伽 Zoe						
17:30						Yin Yoga 陰瑜伽 Jessica 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 Zoe / **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 巴西戰舞 Garlic	Power Yoga 力量瑜伽 Charlie 19:15-20:15	巴西柔術 Brazilian jiu-jitsu 19:15-20:15		Aerial Basic 初級空中瑜伽 Trista 19:15-20:15
19:30	Yoga Wheel Basic 初級瑜伽輪 Zoe 19:45-20:45	Aerial Core 空中瑜伽核心 Trista 19:45-20:45	Myofascial Release 肌筋膜放鬆術 Zoe 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				
20:30	Zumba 森巴 Tommy			Aerial Basic 初級空中瑜伽 Hontas Wong 20:45-21:45	K-Pop 韓國流行舞蹈 Sharon		
21:00		Yin Yoga 陰瑜伽 Trista	Aerial Basic 初級空中瑜伽 Hontas Wong	巴西柔術 Brazilian jiu-jitsu	Yin Yang Yoga 陰陽瑜伽 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	30/9/2019, Mon						
7:00							
7:30							
8:00							
8:30							
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12:30							
13:00	Muay Thai (LV2) 泰拳中級班						
13:30							
14:00							
14:30							
15:00	Muay Thai (LV1) 泰拳初級班						
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17:00	Muay Thai (LV1) 泰拳初級班						
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18:00							
18:30							
19:00	Muay Thai (LV1) 泰拳初級班 19:15-20:15						
19:30							
20:00	Muay Thai (LV2) 泰拳中級班 20:15-21:15						
20:30							
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	30/9/2019, Mon						
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00	**Maximum Burn Canga 12:15-12:45						
12:30							
13:00	Detox Yoga 排毒瑜伽 Jo Chan						
13:30							
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16:00							
16:30							
17:00	Flow Yoga 流瑜伽 Zoe						
17:30							
18:00							
18:30	Yoga Therapy 理療瑜伽 Zoe / **Maximum Burn Canga 18:30-19:00						
19:00	**Fat Blast Time 燃脂時間 Fung 19:00-19:45						
19:30	Yoga Wheel Basic 初級瑜伽輪 Zoe 19:45-20:45						
20:00							
20:30	Zumba 森巴 Tommy						
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