

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 LV2 泰拳中級班	Muay Thai LV1 泰拳初級班		
10:30							
11:00						Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班
11:30				Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班		
12:00							
12:30							
13:00				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 LV3 泰拳高級班
13:30							
14:00							
14:30							
15:00				Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班		
15:30							
16:00							
16:30						Muay Thai LV3 泰拳高級班	Muay Thai LV2 泰拳中級班
17:00							
17:30							
18:00							
18:30				Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班		
19:00						Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班
19:30							
20:00				Muay Thai LV2 泰拳中級班			
20:30							
21:00					Muay Thai LV2 泰拳中級班		
21:30				Muay Thai LV1 泰拳初級班			

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						Hot Stretch 高溫伸展 Ice		
10:30								Hatha Yoga 哈達瑜伽 Jo Tsang
11:00					Yoga Wheel Basic 初級瑜伽輪 Wing C	Hatha Yoga 哈達瑜伽 Ice 11:15-12:15	Yoga Wheel II 瑜伽級別二 Angela	
11:30								
12:00								
12:30								
13:00					Pilates Mat Work 墊上彼拉提斯 Esther	Yoga Wheel Basic 初級瑜伽輪 Annie	Zumba Fitness Millie	Yoga Wheel Basic 初級瑜伽輪 Jo Tsang
13:30								
14:00					Rhythm Yoga 節奏瑜伽 Esther 14:15-15:15			
14:30							Hatha Yoga 哈達瑜伽 Angela	
15:00								Hot Yoga 高溫瑜伽 Jo Tsang
15:30							Hot Stretch 高溫伸展 Annie 15:45-16:45	
16:00								Yoga Stretch 伸展瑜伽 Jo Tsang 16:15-17:15
16:30								
17:00								
17:30							Yin Yoga 陰瑜伽 Jo Tsang	**Healing Yoga 療癒瑜伽 Esther 17:30-18:15
18:00								
18:30					Yoga Therapy 理療瑜伽 Esther	Hot Detox 高溫排毒 Alex Pang		Rhythm Yoga 節奏瑜伽 Esther
19:00								
19:30					Cardio Funky 帶氧瘦身舞 Millie 19:45-20:45	Yoga Core 核心瑜伽 Alex Pang 19:45-20:45		
20:00								
20:30								
21:00					Yoga Stretch 伸展瑜伽 Esther	Dancehall 街舞-雷鬼 Kit		
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 (收費課堂需親臨分店繳交課堂費用)
電話：2157 2799

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 LV2 泰拳中級班	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班	Muay Thai LV2 泰拳中級班	Muay Thai LV1 泰拳初級班		
10:30							
11:00						Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班
11:30	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班	Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班		
12:00							
12:30							
13:00	Muay Thai LV2 泰拳中級班	Muay Thai LV3 泰拳高級班		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 LV3 泰拳高級班
13:30							
14:00							
14:30							
15:00	Muay Thai LV3 泰拳高級班	Muay Thai LV1 泰拳初級班		Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班		
15:30							
16:00							
16:30						Muay Thai LV3 泰拳高級班	Muay Thai LV2 泰拳中級班 (Cancel)
17:00							
17:30							
18:00							
18:30	Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班 18:45-19:45	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班		
19:00						Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班
19:30							
20:00	Funky Muay Thai 放克泰拳 Fung 20:00-20:45	Muay Thai LV2 泰拳中級班	Funky Muay Thai 放克泰拳 Fung 20:00-20:45	Muay Thai LV2 泰拳中級班			
20:30							
21:00	Mixed Martial Arts 綜合格鬥 Fung		Mixed Martial Arts 綜合格鬥 Fung		Muay Thai LV2 泰拳中級班		
21:30		Muay Thai LV1 泰拳初級班		Muay Thai LV1 泰拳初級班			

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 (收費課堂需親臨分店繳交課堂費用)
電話：2157 2799

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							
8:00							
8:30							
9:00							
9:30							
10:00					Hot Stretch 高溫伸展 Ice		
10:30							Hatha Yoga 哈達瑜伽 Christina
11:00	Hatha Yoga 哈達瑜伽 Flora			Yoga Wheel Basic 初級瑜伽輪 Wing C	Hatha Yoga 哈達瑜伽 Ice 11:15-12:15	Yoga Wheel II 瑜伽級別二 Angela	
11:30							
12:00	**Power Lunch 午餐瑜伽 Yokii 12:15-13:00						
12:30		Hot Yoga 高溫瑜伽 Jo Tsang	Megadanz 熱力勁舞 Carl				
13:00	Yoga Wheel Basic 初級瑜伽輪 Yokii 13:15-14:15			Pilates Mat Work 墊上彼拉提斯 Esther	Yoga Wheel Basic 初級瑜伽輪 Annie	Zumba Fitness Millie	Gentle Yoga 和緩瑜伽 Christina
13:30							
14:00				Rhythm Yoga 節奏瑜伽 Esther 14:15-15:15			
14:30		Hatha Yoga 哈達瑜伽 Jo Tsang				Hatha Yoga 哈達瑜伽 Angela	
15:00							**Healing Yoga 療癒瑜伽 Christina 15:00-15:45
15:30	Flow Yoga 流瑜伽 Flora					Hot Stretch 高溫伸展 Annie 15:45-16:45	
16:00							Rhythm Yoga 節奏瑜伽 Christina 16:15-17:15
16:30							
17:00							
17:30						Yin Yoga 陰瑜伽 Jo Tsang	Hot Yoga 高溫瑜伽 JS Lee
18:00							
18:30	Hip Hop 街舞 Kit	Hatha Yoga 哈達瑜伽 Esther	Yoga Core 核心瑜伽 JS Lee	Metro Yoga Yoga Moves Murali	Hot Detox 高溫排毒 Alex Pang		Yoga Stretch 伸展瑜伽 JS Lee 18:45-19:45
19:00							
19:30	Yoga Stretch 伸展瑜伽 Ice 19:45-20:45	Pilates Mat Work 墊上彼拉提斯 Esther 19:45-20:45	Jazz Funk 爵士放克 Michael 19:45-20:45	Cardio Funky 帶氧瘦身舞 Millie 19:45-20:45	Yoga Core 核心瑜伽 Alex Pang 19:45-20:45		
20:00							
20:30							
21:00	Hatha Yoga 哈達瑜伽 Ice	Gentle Yoga 和緩瑜伽 Esther	Hot Stretch 高溫伸展 JS Lee	Yoga Stretch 伸展瑜伽 Esther	Zumba Fitness Millie		
21:30							

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 LV2 泰拳中級班	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班	Muay Thai LV2 泰拳中級班	Muay Thai LV1 泰拳初級班		
10:30							
11:00						Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班
11:30	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班	Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班		
12:00							
12:30							
13:00	Muay Thai LV2 泰拳中級班	Muay Thai LV3 泰拳高級班		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 LV3 泰拳高級班
13:30							
14:00							
14:30							
15:00	Muay Thai LV3 泰拳高級班	Muay Thai LV1 泰拳初級班		Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班		
15:30							
16:00							
16:30						Muay Thai LV3 泰拳高級班	Muay Thai LV2 泰拳中級班
17:00							
17:30							
18:00							
18:30	Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班 18:45-19:45	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班		
19:00						Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班
19:30							
20:00	Funky Muay Thai 放克泰拳 Fung 20:00-20:45	Muay Thai LV2 泰拳中級班	Funky Muay Thai 放克泰拳 Fung 20:00-20:45	Muay Thai LV2 泰拳中級班			
20:30							
21:00	Mixed Martial Arts 綜合格鬥 Fung		Mixed Martial Arts 綜合格鬥 Fung		Muay Thai LV2 泰拳中級班		
21:30		Muay Thai LV1 泰拳初級班		Muay Thai LV1 泰拳初級班			

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 (收費課堂需親臨分店繳交課堂費用)
電話：2157 2799

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							
8:00							
8:30							
9:00							
9:30							
10:00					Hot Stretch 高溫伸展 Ice		
10:30							Hatha Yoga 哈達瑜伽 Jo Tsang
11:00	Hatha Yoga 哈達瑜伽 Flora			Yoga Wheel Basic 初級瑜伽輪 Wing C	Hatha Yoga 哈達瑜伽 Ice 11:15-12:15	Yoga Wheel II 瑜伽級別二 Angela	
11:30							
12:00	**Power Lunch 午餐瑜伽 Yokii 12:15-13:00						
12:30		Hot Yoga 高溫瑜伽 Jo Tsang	Megadanz 熱力勁舞 Carl				
13:00	Yoga Wheel Basic 初級瑜伽輪 Yokii 13:15-14:15			Pilates Mat Work 墊上彼拉提斯 Esther	Yoga Wheel Basic 初級瑜伽輪 Annie	Zumba Fitness Millie	Yoga Wheel Basic 初級瑜伽輪 Jo Tsang
13:30							
14:00				Rhythm Yoga 節奏瑜伽 Esther 14:15-15:15			
14:30		Hatha Yoga 哈達瑜伽 Jo Tsang				Hatha Yoga 哈達瑜伽 Angela	
15:00							Hot Yoga 高溫瑜伽 Jo Tsang
15:30	Metro Yoga Inversion & Arm Balance Murali					Hot Stretch 高溫伸展 Annie 15:45-16:45	
16:00							Yoga Stretch 伸展瑜伽 Jo Tsang 16:15-17:15
16:30							
17:00							
17:30						Yin Yoga 陰瑜伽 Jo Tsang	**Healing Yoga 療癒瑜伽 Esther 17:30-18:15
18:00							
18:30	Hip Hop 街舞 Kit	Hatha Yoga 哈達瑜伽 Apple	Yoga Core 核心瑜伽 JS Lee	Yoga Therapy 理療瑜伽 Esther	Hot Detox 高溫排毒 Sophia		
19:00							Rhythm Yoga 節奏瑜伽 Esther
19:30	Yoga Stretch 伸展瑜伽 Ice 19:45-20:45	Yoga Wheel Basic 初級瑜伽輪 Apple 19:45-20:45	Jazz Funk 爵士放克 Michael 19:45-20:45	Cardio Funky 帶氧瘦身舞 Millie 19:45-20:45	Yoga Core 核心瑜伽 Sophia 19:45-20:45		
20:00							
20:30							
21:00	Hatha Yoga 哈達瑜伽 Ice	Gentle Yoga 和緩瑜伽 Apple	Hot Stretch 高溫伸展 JS Lee	Yoga Stretch 伸展瑜伽 Esther	Dancehall 街舞-雷鬼 Kit		
21:30							

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 LV2 泰拳中級班	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班	Muay Thai LV2 泰拳中級班	Muay Thai LV1 泰拳初級班		
10:30							
11:00						Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班
11:30	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班	Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班		
12:00							
12:30							
13:00	Muay Thai LV2 泰拳中級班	Muay Thai LV3 泰拳高級班		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 LV3 泰拳高級班
13:30							
14:00							
14:30							
15:00	Muay Thai LV3 泰拳高級班	Muay Thai LV1 泰拳初級班		Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班		
15:30							
16:00							
16:30						Muay Thai LV3 泰拳高級班	Muay Thai LV2 泰拳中級班
17:00							
17:30							
18:00							
18:30	Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班 18:45-19:45	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班		
19:00						Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班
19:30							
20:00	Funky Muay Thai 放克泰拳 Fung 20:00-20:45	Muay Thai LV2 泰拳中級班	Funky Muay Thai 放克泰拳 Fung 20:00-20:45	Muay Thai LV2 泰拳中級班			
20:30							
21:00	Mixed Martial Arts 綜合格鬥 Fung		Mixed Martial Arts 綜合格鬥 Fung		Muay Thai LV2 泰拳中級班		
21:30		Muay Thai LV1 泰拳初級班		Muay Thai LV1 泰拳初級班			

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							
8:00							
8:30							
9:00							
9:30							
10:00					Hot Stretch 高溫伸展 Ice		
10:30							Hatha Yoga 哈達瑜伽 Christina
11:00	Metro Yoga Yoga Moves Murali			Yoga Wheel Basic 初級瑜伽輪 Wing C	Hatha Yoga 哈達瑜伽 Ice 11:15-12:15	Yoga Wheel II 瑜伽級別二 Angela	
11:30							
12:00	**Power Lunch 午餐瑜伽 Yokii 12:15-13:00						
12:30		Hot Yoga 高溫瑜伽 Jo Tsang	Megadanz 熱力勁舞 Carl				
13:00	Yoga Wheel Basic 初級瑜伽輪 Yokii 13:15-14:15			Pilates Mat Work 墊上彼拉提斯 Esther	Yoga Wheel Basic 初級瑜伽輪 Annie	Zumba Fitness Millie	Gentle Yoga 和緩瑜伽 Christina
13:30							
14:00				Rhythm Yoga 節奏瑜伽 Esther 14:15-15:15			
14:30		Hatha Yoga 哈達瑜伽 Jo Tsang				Hatha Yoga 哈達瑜伽 Angela	
15:00							**Healing Yoga 療癒瑜伽 Christina 15:00-15:45
15:30	Metro Yoga Back Bending Murali					Hot Stretch 高溫伸展 Annie 15:45-16:45	
16:00				Metro Yoga Inversion & Arm Balance Murali			Rhythm Yoga 節奏瑜伽 Christina 16:15-17:15
16:30							
17:00							
17:30						Yin Yoga 陰瑜伽 Annie	Hot Yoga 高溫瑜伽 JS Lee
18:00							
18:30	Hip Hop 街舞 Kit	Hatha Yoga 哈達瑜伽 Esther	Yoga Core 核心瑜伽 JS Lee	Yoga Therapy 理療瑜伽 Esther	Hot Detox 高溫排毒 Sophia		Yoga Stretch 伸展瑜伽 JS Lee 18:45-19:45
19:00							
19:30	Yoga Stretch 伸展瑜伽 Ice 19:45-20:45	Pilates Mat Work 墊上彼拉提斯 Esther 19:45-20:45	Jazz Funk 爵士放克 Michael 19:45-20:45	Cardio Funky 帶氧瘦身舞 Millie 19:45-20:45	Yoga Core 核心瑜伽 Sophia 19:45-20:45		
20:00							
20:30							
21:00	Hatha Yoga 哈達瑜伽 Ice	Gentle Yoga 和緩瑜伽 Esther	Hot Stretch 高溫伸展 JS Lee	Yoga Stretch 伸展瑜伽 Esther	Dancehall 街舞-雷鬼 Kit		
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 (收費課堂需親臨分店繳交課堂費用)
電話：2157 2799

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	Muay Thai LV2 泰拳中級班	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班	Muay Thai LV2 泰拳中級班	Muay Thai LV1 泰拳初級班	
10:30						
11:00						
11:30	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班	Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班	
12:00						
12:30						
13:00	Muay Thai LV2 泰拳中級班	Muay Thai LV3 泰拳高級班		Muay Thai LV3 泰拳高級班	Funky Muay Thai 放克泰拳 Fung 13:00-13:45	
13:30						
14:00						
14:30						
15:00	Muay Thai LV3 泰拳高級班	Muay Thai LV1 泰拳初級班		Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班	
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						
18:30	Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班 18:45-19:45	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班	
19:00						
19:30						
20:00	Funky Muay Thai 放克泰拳 Fung 20:00-20:45	Muay Thai LV2 泰拳中級班	Funky Muay Thai 放克泰拳 Fung 20:00-20:45	Muay Thai LV2 泰拳中級班		
20:30						
21:00	Mixed Martial Arts 綜合格鬥 Fung		Mixed Martial Arts 綜合格鬥 Fung		Muay Thai LV2 泰拳中級班	
21:30		Muay Thai LV1 泰拳初級班		Muay Thai LV1 泰拳初級班		

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						
8:00						
8:30						
9:00						
9:30						
10:00					Hot Stretch 高溫伸展 Ice	
10:30						
11:00	Hatha Yoga 哈達瑜伽 Yokii			Metro Yoga Inversion & Arm Balance Murali	Hatha Yoga 哈達瑜伽 Ice 11:15-12:15	
11:30						
12:00	**Power Lunch 午餐瑜伽 Yokii 12:15-13:00					
12:30		Hot Yoga 高溫瑜伽 Jo Tsang	Megadanz 熱力勁舞 Carl			
13:00	Yoga Wheel Basic 初級瑜伽輪 Yokii 13:15-14:15			Pilates Mat Work 墊上彼拉提斯 Esther	Yoga Wheel Basic 初級瑜伽輪 Annie	
13:30						
14:00				Rhythm Yoga 節奏瑜伽 Esther 14:15-15:15		
14:30		Hatha Yoga 哈達瑜伽 Jo Tsang				
15:00						
15:30	Flow Yoga 流瑜伽 Yokii					
16:00						
16:30						
17:00						
17:30						
18:00						
18:30	Hip Hop 街舞 Kit	Hatha Yoga 哈達瑜伽 Esther	Yoga Core 核心瑜伽 JS Lee	Yoga Therapy 理療瑜伽 Esther	Hot Detox 高溫排毒 Sophia	
19:00						
19:30	Yoga Stretch 伸展瑜伽 Ice 19:45-20:45	Pilates Mat Work 墊上彼拉提斯 Esther 19:45-20:45	Jazz Funk 爵士放克 Michael 19:45-20:45	Cardio Funky 帶氧瘦身舞 Millie 19:45-20:45	Yoga Core 核心瑜伽 Sophia 19:45-20:45	
20:00						
20:30						
21:00	Hatha Yoga 哈達瑜伽 Ice	Gentle Yoga 和緩瑜伽 Esther	Hot Stretch 高溫伸展 JS Lee	Yoga Stretch 伸展瑜伽 Esther	Cardio Funky 帶氧瘦身舞 Millie	
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 (收費課堂需親臨分店繳交課堂費用)
電話：2157 2799