

泰拳課堂 Muay Thai Class							
Time/Date				1/2/2019,Fri	2/2/2019,Sat	3/2/2019,Sun	
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00				Self-Defense 以色列軍用搏擊 Eldad	Muay Thai LV1 泰拳初級班	Muay Thai LV1 泰拳初級班	
11:30							
12:00				Muay Thai LV2 泰拳中級班	Arnis 菲律賓魔杖 Eldad		
12:30							
13:00				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				Arnis 菲律賓魔杖 Eldad			
14:30					Arnis 菲律賓魔杖 Eldad		
15:00				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				Arnis 菲律賓魔杖 Eldad	Self-Defense 以色列軍用搏擊 Eldad		
18:00							
18:30				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				Self-Defense 以色列軍用搏擊 Eldad			
20:00							
20:30							
21:00				Muay Thai LV2 泰拳中級班			
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date					1/2/2019,Fri	2/2/2019,Sat	3/2/2019,Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00					Hot Stretch 高溫伸展 Ice 11:15-12:15		Hatha Yoga 哈達瑜伽 Trista
11:30						Yoga Wheel II 瑜伽輪級別二 Angela	
12:00							Yin Yoga 陰瑜伽 Trista 12:15-13:15
12:30							
13:00					Yoga Wheel Basic 初級瑜伽輪 Annie	Zumba 森巴 Millie	
13:30							
14:00							
14:30						Hatha Yoga 哈達瑜伽 Angela	
15:00							Hot Yoga 高溫瑜伽 Alex
15:30						Hot Stretch 高溫伸展 Isabel 15:45-16:45	
16:00							Yoga Stretch 伸展瑜伽 Alex 16:15-17:15
16:30							
17:00							
17:30						Yin Yoga 陰瑜伽 Isabel	Hot Detox 高溫排毒 Js Lee
18:00							
18:30					Hot Stretch 高溫伸展 JS Lee		Yoga Therapy 理療瑜伽 Js Lee 18:45-19:45
19:00							
19:30					Ashtanga Yoga 阿斯湯加瑜伽 JS Lee 19:45-20:45		
20:00							
20:30							
21:00					Dancehall 街舞-電鬼 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 (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	4/2/2019, Mon	5/2/2019, Tue	6/2/2019, Wed	7/2/2019, Thu	8/2/2019, Fri	9/2/2019, Sat	10/2/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00				Muay Thai LV1 泰拳初級班	Self-Defense 以色列軍用搏擊 Eldad	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						
12:00					Muay Thai LV2 泰拳中級班	Arnis 菲律賓魔杖 Eldad	
12:30							
13:00	Muay Thai LV2 泰拳中級班			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					Arnis 菲律賓魔杖 Eldad		
14:30						Arnis 菲律賓魔杖 Eldad	
15:00	Muay Thai LV3 泰拳高級班				Muay Thai LV1 泰拳初級班		
15:30							
16:00							
16:30				Muay Thai LV2 泰拳中級班		Muay Thai LV3 泰拳高級班	Muay Thai LV2 泰拳中級班
17:00							
17:30					Arnis 菲律賓魔杖 Eldad	Self-Defense 以色列軍用搏擊 Eldad	
18:00							
18:30					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	Muay Thai LV1 泰拳初級班
19:30					Self-Defense 以色列軍用搏擊 Eldad		
20:00							
20:30							
21:00					Muay Thai LV2 泰拳中級班		
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	4/2/2019, Mon	5/2/2019, Tue	6/2/2019, Wed	7/2/2019, Thu	8/2/2019, Fri	9/2/2019, Sat	10/2/2019, 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 Yokii 11:15-12:15				Hot Stretch 高溫伸展 Ice 11:15-12:15		Hatha Yoga 哈達瑜伽 Jo Tsang
11:30				Yoga Wheel Basic 初級瑜伽輪 Jo Chan		Yoga Wheel II 瑜伽輪級別二 Angela	
12:00							Yin Yoga 陰瑜伽 Jo Tsang 12:15-13:15
12:30	**Power Lunch 午餐瑜伽 Yokii 12:30-13:30						
13:00					Hatha Yoga 哈達瑜伽 Jo Chan	Yoga Wheel Basic 初級瑜伽輪 Annie	Zumba 森巴 Millie
13:30	Yoga Wheel Basic 初級瑜伽輪 Yokii 13:45-14:45						
14:00				Yoga Stretch 伸展瑜伽 Jo Chan 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	Flow Yoga 流瑜伽 Flora					Hot Stretch 高溫伸展 Angela 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 Angela	Hot Detox 高溫排毒 Apple
18:00							
18:30				Yin Yoga 陰瑜伽 Trista	Hot Stretch 高溫伸展 JS Lee		Yoga Therapy 理療瑜伽 Apple 18:45-19:45
19:00							
19:30				Cardio Funky 帶氧瘦身舞 Millie 19:45-20:45	Ashtanga Yoga 阿斯湯加瑜伽 JS Lee 19:45-20:45		
20:00							
20:30							
21:00				Yoga Stretch 伸展瑜伽 Trista	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 (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	11/2/2019, Mon	12/2/2019, Tue	13/2/2019, Wed	14/2/2019, Thu	15/2/2019, Fri	16/2/2019, Sat	17/2/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00					Self-Defense 以色列軍用搏擊 Eldad	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			
12:00					Muay Thai LV2 泰拳中級班	Arnis 菲律賓魔杖 Eldad	
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					Arnis 菲律賓魔杖 Eldad		
14:30						Arnis 菲律賓魔杖 Eldad	
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					Arnis 菲律賓魔杖 Eldad	Self-Defense 以色列軍用搏擊 Eldad	
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					Self-Defense 以色列軍用搏擊 Eldad		
20:00		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	**高效燃脂操 Fung 20:30-21:15						
21:00	**Mixed Martial Arts 綜合格鬥 Fung 21:15-22:00		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 Yoga and Dance Class

Time/Date	11/2/2019, Mon	12/2/2019, Tue	13/2/2019, Wed	14/2/2019, Thu	15/2/2019, Fri	16/2/2019, Sat	17/2/2019, 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 Yokii 11:15-12:15				Hot Stretch 高溫伸展 Ice 11:15-12:15		Hatha Yoga 哈達瑜伽 Jo Tsang
11:30				Yoga Wheel Basic 初級瑜伽輪 Wing C		Yoga Wheel II 瑜伽輪級別二 Angela	
12:00							Yin Yoga 陰瑜伽 Jo Tsang 12:15-13:15
12:30	**Power Lunch 午餐瑜伽 Yokii 12:30-13:30	Hot Yoga 高溫瑜伽 Jo Tsang	Megadanz 熱力勁舞 Carl				
13:00				Hatha Yoga 哈達瑜伽 Jo Chan	Yoga Wheel Basic 初級瑜伽輪 Annie	Zumba 森巴 Millie	
13:30	Yoga Wheel Basic 初級瑜伽輪 Yokii 13:45-14:45						
14:00				Yoga Stretch 伸展瑜伽 Jo Chan 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	Flow Yoga 流瑜伽 Yokii					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 Annie	Hot Detox 高溫排毒 JS Lee
18:00							
18:30	Dancehall 街舞-雷鬼 Kit	Myofascial Release 肌筋膜放鬆術 Alex Pang	Yoga Core 核心瑜伽 Js Lee		Hot Stretch 高溫伸展 JS Lee		Yoga Therapy 理療瑜伽 JS Lee 18:45-19:45
19:00							
19:30	Yoga Stretch 伸展瑜伽 Ice 19:45-20:45	Yoga Wheel Basic 初級瑜伽輪 Alex Pang 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	Ashtanga Yoga 阿斯湯加瑜伽 JS Lee 19:45-20:45		
20:00							
20:30							
21:00	Hatha Yoga 哈達瑜伽 Ice	Gentle Yoga 和緩瑜伽 Alex Pang	Hot Stretch 高溫伸展 Js Lee	Yoga Stretch 伸展瑜伽 Trista	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 (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	18/2/2019, Mon	19/2/2019, Tue	20/2/2019, Wed	21/2/2019, Thu	22/2/2019, Fri	23/2/2019, Sat	24/2/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00					Self-Defense 以色列軍用搏擊 Eldad	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			
12:00					Muay Thai LV2 泰拳中級班	Arnis 菲律賓魔杖 Eldad	
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		Muay Thai LV2 泰拳中級班	Muay Thai LV3 泰拳高級班
13:30							
14:00					Arnis 菲律賓魔杖 Eldad		
14:30					Arnis 菲律賓魔杖 Eldad		
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					Arnis 菲律賓魔杖 Eldad	Self-Defense 以色列軍用搏擊 Eldad	
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					Self-Defense 以色列軍用搏擊 Eldad		
20:00		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	**高效燃脂操 Fung 20:30-21:15						
21:00	**Mixed Martial Arts 綜合格鬥 Fung 21:15-22:00		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 Yoga and Dance Class

Time/Date	18/2/2019, Mon	19/2/2019, Tue	20/2/2019, Wed	21/2/2019, Thu	22/2/2019, Fri	23/2/2019, Sat	24/2/2019, 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 Yokii 11:15-12:15				Hot Stretch 高溫伸展 Ice 11:15-12:15		Hatha Yoga 哈達瑜伽 Jo Tsang
11:30				Yoga Wheel Basic 初級瑜伽輪 Wing C		Yoga Wheel II 瑜伽輪級別二 Angela	
12:00							Yin Yoga 陰瑜伽 Jo Tsang 12:15-13:15
12:30	**Power Lunch 午餐瑜伽 Yokii 12:30-13:30	Hot Yoga 高溫瑜伽 Jo Tsang	Megadanz 熱力勁舞 Carl				
13:00				Hatha Yoga 哈達瑜伽 Jo Chan	Yoga Wheel Basic 初級瑜伽輪 Annie	Zumba 森巴 Millie	
13:30	Yoga Wheel Basic 初級瑜伽輪 Yokii 13:45-14:45						
14:00				Yoga Stretch 伸展瑜伽 Jo Chan 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	Flow Yoga 流瑜伽 Yokii					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 Annie	Hot Detox 高溫排毒 Tina
18:00							
18:30	Dancehall 街舞-雷鬼 Kit	Ashtanga yoga 阿斯湯加瑜伽 JS Lee	Yoga Core 核心瑜伽 JS Lee	Yin Yoga 陰瑜伽 Trista	Hot Stretch 高溫伸展 JS Lee		Yoga Therapy 理療瑜伽 Tina 18:45-19:45
19:00							
19:30	Yoga Stretch 伸展瑜伽 Ice 19:45-20:45	Hatha Yoga 哈達瑜伽 JS Lee 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	Ashtanga Yoga 阿斯湯加瑜伽 JS Lee 19:45-20:45		
20:00							
20:30							
21:00	Hatha Yoga 哈達瑜伽 Ice	Gentle Yoga 和緩瑜伽 JS Lee	Hot Stretch 高溫伸展 JS Lee	Yoga Stretch 伸展瑜伽 Trista	Hip Hop 街舞 Scott Choi		
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	25/2/2019, Mon	26/2/2019, Tue	27/2/2019, Wed	28/2/2019, Thu			
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
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			
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			
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			
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			
19:00							
19:30							
20:00		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				
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 (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	25/2/2019, Mon	26/2/2019, Tue	27/2/2019, Wed	28/2/2019, Thu			
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00	Hatha Yoga 哈達瑜伽 Flora 11:15-12:15						
11:30				Yoga Wheel Basic 初級瑜伽輪 Wing C			
12:00							
12:30	**Power Lunch 午餐瑜伽 Yokii 12:30-13:30	Hot Yoga 高溫瑜伽 Jo Tsang	Megadanz 熱力勁舞 Carl				
13:00				Hatha Yoga 哈達瑜伽 Jo Chan			
13:30	Yoga Wheel Basic 初級瑜伽輪 Yokii 13:45-14:45						
14:00				Yoga Stretch 伸展瑜伽 Jo Chan 14:15-15:15			
14:30		Hatha Yoga 哈達瑜伽 Jo Tsang					
15:00							
15:30	Flow Yoga 流瑜伽 Flora						
16:00							
16:30							
17:00							
17:30							
18:00							
18:30	Hip Hop 街舞 Scott Choi	Myofascial Release 筋膜放鬆術 Alex Pang	Yoga Core 核心瑜伽 JS Lee	Yin Yoga 陰瑜伽 Trista			
19:00							
19:30	Yoga Stretch 伸展瑜伽 Ice 19:45-20:45	Yoga Wheel Basic 初級瑜伽輪 Alex Pang 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			
20:00							
20:30							
21:00	Hatha Yoga 哈達瑜伽 Ice	Gentle Yoga 和緩瑜伽 Alex Pang	Hot Stretch 高溫伸展 JS Lee	Yoga Stretch 伸展瑜伽 Trista			
21:30							