

4月份課程時間表 (FAC 旺角店)
Class Schedule Apr (FAC Mong Kok)



泰拳課堂 Muay Thai Class							
Time/Date	1/4/2019, Mon	2/4/2019, Tue	3/4/2019, Wed	4/4/2019, Thu	5/4/2019, Fri	6/4/2019, Sat	7/4/2019, 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 Eidad	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	Amis 菲律賓魔杖 Eidad	
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	**Sweat Time (HIT) 高效燃脂操 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					Amis 菲律賓魔杖 Eidad		
14:30						Amis 菲律賓魔杖 Eidad	
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					Amis 菲律賓魔杖 Eidad	Self-Defense 以色列軍用搏擊 Eidad	
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 Eidad		
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	**Sweat Time (HIT) 高效燃脂操 Fung 20:30-21:15						
21:00	**Mixed Martial Arts 綜合格鬥 Fung 21:15-22:00	Muay Thai LV1 泰拳初級班	Mixed Martial Arts 綜合格鬥 Fung	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班		
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 (進階課程需報臨分店繳交課堂費用)
電話：2157 2799

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	1/4/2019, Mon	2/4/2019, Tue	3/4/2019, Wed	4/4/2019, Thu	5/4/2019, Fri	6/4/2019, Sat	7/4/2019, Sun
7:00							
7:30							
8:00							
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9:00							
9:30							
10:00							
10:30							
11:00	Hatha Yoga 哈達瑜伽 Flora 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							
13:00	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				
13:30				Hatha Yoga 哈達瑜伽 Jo Chan	Yoga Wheel Basic 初級瑜伽輪 Annie	Zumba 森巴 Aerith	
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 Flora					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	Capoeira Garic	Myofascial Release 肌筋膜放鬆術 Alex Pang	Yoga Core 核心瑜伽 Js Lee	Yin Yoga 陰瑜伽 Manish	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		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 Manish	Yoga Stretch 伸展瑜伽 Manish	Hip Hop 街舞 Yeung		
21:30							

泰拳課堂 Muay Thai Class							
Time/Date	8/4/2019, Mon	9/4/2019, Tue	10/4/2019, Wed	11/4/2019, Thu	12/4/2019, Fri	13/4/2019, Sat	14/4/2019, Sun
7:00							
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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	**Sweat Time (HIIT) 高效燃脂操 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	**Sweat Time (HIIT) 高效燃脂操 Fung 20:30-21:15						
21:00	**Mixed Martial Arts 綜合格鬥 Fung 21:15-22:00	Muay Thai LV1 泰拳初級班	Mixed Martial Arts 綜合格鬥 Fung	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班		
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	8/4/2019, Mon	9/4/2019, Tue	10/4/2019, Wed	11/4/2019, Thu	12/4/2019, Fri	13/4/2019, Sat	14/4/2019, Sun
7:00							
7:30							
8:00							
8:30							
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10:00							
10:30							
11:00	Hatha Yoga 哈達瑜伽 Flora 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		Hatha Yoga 哈達瑜伽 Jo Chan	
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 Isabel	
15:00							Hot Yoga 高溫瑜伽 Jo Tsang
15:30	Flow Yoga 流瑜伽 Flora					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 Apple
18:00							
18:30	Capoeira Garic	Myofascial Release 肌筋膜放鬆術 Alex Pang	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 Apple 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	Hip Hop 街舞 Yeung		
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：2157 2799

泰拳課堂 Muay Thai Class

Time/Date	15/4/2019, Mon	16/4/2019, Tue	17/4/2019, Wed	18/4/2019, Thu	19/4/2019, Fri	20/4/2019, Sat	21/4/2019, Sun
7:00							
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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	**Sweat Time (HIIT) 高效燃脂操 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 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				
20:30	**Sweat Time (HIIT) 高效燃脂操 Fung 20:30-21:15						
21:00	**Mixed Martial Arts 綜合格鬥 Fung 21:15-22:00	Muay Thai LV1 泰拳初級班	Mixed Martial Arts 綜合格鬥 Fung				
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	15/4/2019, Mon	16/4/2019, Tue	17/4/2019, Wed	18/4/2019, Thu	19/4/2019, Fri	20/4/2019, Sat	21/4/2019, 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 Flora 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 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 JS Lee
18:00							
18:30	Capoeira Garic	Yoga Stretch 伸展瑜伽 Manish	Yoga Core 核心瑜伽 Manish		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 Manish 19:45-20:45	Jazz Funk 爵士放克 Michael 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 Manish	Hot Stretch 高溫伸展 Manish		Hip Hop 街舞 Yeung		
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：2157 2799

泰拳課堂 Muay Thai Class							
Time/Date	22/4/2019, Mon	23/4/2019, Tue	24/4/2019, Wed	25/4/2019, Thu	26/4/2019, Fri	27/4/2019, Sat	28/4/2019, Sun
7:00							
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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 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 LV3 泰拳高級班	Muay Thai LV3 泰拳高級班		Muay Thai LV3 泰拳高級班	**Sweat Time (HIIT) 高效燃脂操 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		Muay Thai LV1 泰拳初級班	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 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	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	**Sweat Time (HIIT) 高效燃脂操 Fung 20:30-21:15						
21:00	**Mixed Martial Arts 綜合格鬥 Fung 21:15-22:00	Muay Thai LV1 泰拳初級班	Mixed Martial Arts 綜合格鬥 Fung	Muay Thai LV1 泰拳初級班	Muay Thai LV2 泰拳中級班		
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：2157 2799

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	22/4/2019, Mon	23/4/2019, Tue	24/4/2019, Wed	25/4/2019, Thu	26/4/2019, Fri	27/4/2019, Sat	28/4/2019, Sun
7:00							
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9:30							
10:00							
10:30							
11:00	Hatha Yoga 哈達瑜伽 Flora 11:15-12:15				Hot Stretch 高溫伸展 Ice 11:15-12:15		Hatha Yoga 哈達瑜伽 Js Lee
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 Js Lee 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 Ada Lin
15:30	Flow Yoga 流瑜伽 Flora					Hot Stretch 高溫伸展 Annie 15:45-16:45	
16:00							Yoga Stretch 伸展瑜伽 Ada Lin 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	Capoeira Garic	Ashtanga yoga 阿斯湯加瑜伽 Manish	Yoga Core 核心瑜伽 Manish	Yin Yoga 陰瑜伽 Trista	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 Manish 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 Manish	Hot Stretch 高溫伸展 Manish	Yoga Stretch 伸展瑜伽 Trista	Hip Hop 街舞 Yeung		
21:30							

泰拳課堂 Muay Thai Class

Time/Date	29/4/2019, Mon	30/4/2019, Tue					
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					
12:00							
12:30							
13:00	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					
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					
19:00							
19:30							
20:00		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	Muay Thai LV1 泰拳初級班					
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	29/4/2019, Mon	30/4/2019, Tue					
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							
12:00							
12:30	**Power Lunch 午餐瑜伽 Yokii 12:30-13:30	Hot Yoga 高溫瑜伽 Manish					
13:00							
13:30	Yoga Wheel Basic 初級瑜伽輪 Yokii 13:45-14:45						
14:00							
14:30		Hatha Yoga 哈達瑜伽 Manish					
15:00							
15:30	Flow Yoga 流瑜伽 Flora						
16:00							
16:30							
17:00							
17:30							
18:00							
18:30	Capoeira Garic	Myofascial Release 肌筋膜放鬆術 Alex Pang					
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					
20:00							
20:30							
21:00	Hatha Yoga 哈達瑜伽 Ice	Gentle Yoga 和緩瑜伽 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：2157 2799