

泰拳課堂 Muay Thai Class

Time/Date	1/5/2019,Wed	2/5/2019,Thu	3/5/2019,Fri	4/5/2019,Sat	5/5/2019,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			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		
12:30					
13:00	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					
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 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					
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	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			
20:30					
21:00		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	1/5/2019,Wed	2/5/2019,Thu	3/5/2019,Fri	4/5/2019,Sat	5/5/2019,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 Js Lee
11:30		Yoga Wheel Basic 初級瑜珈輪 Millie		Yoga Wheel II 瑜珈輪級別二 Angela	
12:00					Yin Yoga 陰瑜伽 Js Lee 12:15-13:15
12:30		Megadanz 熱力勁舞 Carl			
13:00			Hatha Yoga 哈達瑜珈 Jo Chan	Yoga Wheel Basic 初級瑜珈輪 Annie	Zumba 森巴 Millie
13:30					
14:00		Yoga Stretch 伸展瑜珈 Jo Chan 14:15-15:15			
14:30				Hatha Yoga 哈達瑜珈 Angela	
15:00					Hot Yoga 高溫瑜珈 Js Lee
15:30				Hot Stretch 高溫伸展 Annie 15:45-16:45	
16:00					Yoga Stretch 伸展瑜珈 Js Lee 16:15-17:15
16:30					
17:00					
17:30				Yin Yoga 陰瑜珈 Annie	Hot Detox 高溫排毒 Ringo Wong
18:00					
18:30		Yoga Core 核心瑜珈 Manish	Yin Yoga 陰瑜珈 Trista	Hot Stretch 高溫伸展 JS Lee	Yoga Therapy 理療瑜珈 Ringo Wong 18:45-19:45
19:00					
19:30		Jazz Funk 爵士放克 Millie 19:45-20:45	Cardio Funky 帶氧瘦身舞 Millie 19:45-20:45	Ashtanga Yoga 阿斯湯加瑜珈 JS Lee 19:45-20:45	
20:00					
20:30					
21:00		Hot Stretch 高溫伸展 Manish	Yoga Stretch 伸展瑜珈 Trista	Hip Hop 街舞 Yeung	
21:30					

泰拳課堂 Muay Thai Class

Time/Date	6/5/2019, Mon	7/5/2019, Tue	8/5/2019, Wed	9/5/2019, Thu	10/5/2019, Fri	11/5/2019, Sat	12/5/2019, 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	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		
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							
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					Arnis 菲律賓魔杖 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	6/5/2019, Mon	7/5/2019, Tue	8/5/2019, Wed	9/5/2019, Thu	10/5/2019, Fri	11/5/2019, Sat	12/5/2019, Sun
7:00							
7:30							
8:00							
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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 Manish		Hatha Yoga 哈達瑜伽 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 Manish	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 Manish				Hatha Yoga 哈達瑜伽 Angela	
15:00							Hot Yoga 高溫瑜伽 Js Lee
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 Js Lee 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 Manish	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 Manish	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	13/5/2019, Mon	14/5/2019, Tue	15/5/2019, Wed	16/5/2019, Thu	17/5/2019, Fri	18/5/2019, Sat	19/5/2019, Sun
7:00							
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10:00							
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			
12:00					Muay Thai LV2 泰拳中級班		
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							
14:30							
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							
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					Arnis 菲律賓魔杖 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							
21:00		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	13/5/2019, Mon	14/5/2019, Tue	15/5/2019, Wed	16/5/2019, Thu	17/5/2019, Fri	18/5/2019, Sat	19/5/2019, Sun
7:00							
7:30							
8:00							
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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 Manish		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 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 Ringo Wong
18:00							
18:30	Capoeira Garic	Myofascial Release 肌筋膜放鬆術 Alex Pang	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 Ringo Wong 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 Manish	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	20/5/2019, Mon	21/5/2019, Tue	22/5/2019, Wed	23/5/2019, Thu	24/5/2019, Fri	25/5/2019, Sat	26/5/2019, Sun
7:00							
7:30							
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9:30							
10:00							
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			
12:00					Muay Thai LV2 泰拳中級班		
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							
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					Arnis 菲律賓魔杖 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 (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	20/5/2019, Mon	21/5/2019, Tue	22/5/2019, Wed	23/5/2019, Thu	24/5/2019, Fri	25/5/2019, Sat	26/5/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00				Detox Yoga 排毒瑜伽 Manish 10:15-11:15			
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 Manish		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 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 Angela
18:00							
18:30	Capoeira Garic	Ashtanga yoga 阿斯湯加瑜伽 Alex Pang	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 Angela 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 Manish	Yoga Stretch 伸展瑜伽 Trista	Hip Hop 街舞 Yeung		
21:30							

泰拳課堂 Muay Thai Class

Time/Date	27/5/2019, Mon	28/5/2019, Tue	29/5/2019, Wed	30/5/2019, Thu	31/5/2019, Fri
7:00					
7:30					
8:00					
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9:00					
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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					Muay Thai LV2 泰拳中級班
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
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					Arnis 菲律賓魔杖 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	27/5/2019, Mon	28/5/2019, Tue	29/5/2019, Wed	30/5/2019, Thu	31/5/2019, Fri
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
11:30				Yoga Wheel Basic 初級瑜伽輪 Carol	
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	Yoga Wheel Basic 初級瑜伽輪 Manish
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	Gentle Yoga 和緩瑜伽 Manish 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	Capoeira Garic	Ashtanga yoga 阿斯湯加瑜伽 Alex Pang	Yoga Core 核心瑜伽 Manish	Yin Yoga 陰瑜伽 Trista	Hot Stretch 高溫伸展 Manish
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 Manish 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 Trista	Hip Hop 街舞 Yeung
21:30					