

6月份課程時間表 (FAC 旺角店)
Class Schedule Jun (FAC Mong Kok)



泰拳課堂 Muay Thai Class

| Time/Date | | | | | 1/6/2019,Sat | 2/6/2019,Sun |
|-----------|--|--|--|--|------------------------|------------------------|
| 7:00 | | | | | | |
| 7:30 | | | | | | |
| 8:00 | | | | | | |
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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 | | | | | | |
| 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 | | | | | | |
| 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 | | | | | | |
| 19:00 | | | | | Muay Thai LV1 泰拳初級班 | Muay Thai LV1 泰拳初級班 |
| 19:30 | | | | | | |
| 20:00 | | | | | | |
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瑜伽及舞蹈課堂 Yoga and Dance Class

| Time/Date | | | | | 1/6/2019,Sat | 2/6/2019,Sun |
|-----------|--|--|--|--|--|--|
| 7:00 | | | | | | |
| 7:30 | | | | | | |
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| 10:00 | | | | | | |
| 10:30 | | | | | | |
| 11:00 | | | | | | Hatha Yoga 哈達瑜伽 Jo Tsang |
| 11:30 | | | | | 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 | | | | | 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 Jo Tsang |
| 15:30 | | | | | Hot Stretch 高溫伸展 Manish 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 Manish | Hot Detox 高溫排毒 Alex Pang |
| 18:00 | | | | | | |
| 18:30 | | | | | | Yoga Therapy 理療瑜伽 Alex Pang 18:45-19:45 |
| 19:00 | | | | | | |
| 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：2157 2799

泰拳課堂 Muay Thai Class

| Time/Date | 3/6/2019, Mon | 4/6/2019, Tue | 5/6/2019, Wed | 6/6/2019, Thu | 7/6/2019, Fri | 8/6/2019, Sat | 9/6/2019, Sun |
|-----------|--|------------------------|---|------------------------|--|------------------------|------------------------|
| 7:00 | | | | | | | |
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| 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 | | | | Self-Defense 以色列軍用搏擊術 Eldad 20:45-21:45 | | |
| 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 | | | |
| 21:30 | | | | | | | |

瑜伽及舞蹈課堂 Yoga and Dance Class

| Time/Date | 3/6/2019, Mon | 4/6/2019, Tue | 5/6/2019, Wed | 6/6/2019, Thu | 7/6/2019, Fri | 8/6/2019, Sat | 9/6/2019, Sun |
|-----------|---|---|---|--|--|--|---|
| 7:00 | | | | | | | |
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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 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 Flora 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 | 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 Manish 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 Manish | Hot Detox 高溫排毒 Js Lee |
| 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 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 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 | 10/6/2019, Mon | 11/6/2019, Tue | 12/6/2019, Wed | 13/6/2019, Thu | 14/6/2019, Fri | 15/6/2019, Sat | 16/6/2019, Sun |
| 7:00 | | | | | | | |
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| 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 | | | | Self-Defense 以色列軍用搏擊術 Eldad 20:45-21:45 | | |
| 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 | | | |
| 21:30 | | | | | | | |

| 瑜伽及舞蹈課堂 Yoga and Dance Class | | | | | | | |
|------------------------------|---|---|---|--|--|---|---|
| Time/Date | 10/6/2019, Mon | 11/6/2019, Tue | 12/6/2019, Wed | 13/6/2019, Thu | 14/6/2019, Fri | 15/6/2019, Sat | 16/6/2019, Sun |
| 7:00 | | | | | | | |
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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 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 Flora 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 Ringo Wong |
| 18:00 | | | | | | | |
| 18:30 | Capoeira Garic | Myofascial Release 肌筋膜放鬆術 Alex Pang | Yoga Core 核心瑜伽 Alex Pang | Yin Yoga 陰瑜伽 Trista | Hot Stretch 高溫伸展 Karen Li | | 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 | Yoga Core 核心瑜伽 Karen Li 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 | | 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

6月份課程時間表 (FAC 旺角店)
Class Schedule Jun (FAC Mong Kok)



| 泰拳課堂 Muay Thai Class | | | | | | | |
|----------------------|--|------------------------|------------------------------------|------------------------|--|------------------------|------------------------|
| Time/Date | 17/6/2019, Mon | 18/6/2019, Tue | 19/6/2019, Wed | 20/6/2019, Thu | 21/6/2019, Fri | 22/6/2019, Sat | 23/6/2019, Sun |
| 7:00 | | | | | | | |
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| 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 | | 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 | | Muay Thai LV2 泰拳中級班 | | | |
| 20:30 | **Sweat Time (HIIT) 高效燃脂操 Fung 20:30-21:15 | | | | Self-Defense 以色列軍用搏擊術 Eldad 20:45-21:45 | | |
| 21:00 | **Mixed Martial Arts 綜合格鬥 Fung 21:15-22:00 | Muay Thai LV1 泰拳初級班 | | Muay Thai LV1 泰拳初級班 | | | |
| 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 | 17/6/2019, Mon | 18/6/2019, Tue | 19/6/2019, Wed | 20/6/2019, Thu | 21/6/2019, Fri | 22/6/2019, Sat | 23/6/2019, Sun |
| 7:00 | | | | | | | |
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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 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 Flora 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 Manish | 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 Manish 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 Angela |
| 18:00 | | | | | | | |
| 18:30 | Capoeira Garic | Ashtanga yoga 阿斯湯加瑜伽 Alex Pang | Yoga Core 核心瑜伽 Carol Tai | Yin Yoga 陰瑜伽 Manish | Hot Stretch 高溫伸展 Karen Li | | 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 | Yoga Core 核心瑜伽 Karen Li 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 Carol Tai | Yoga Stretch 伸展瑜伽 Trista | Hip Hop 街舞 Yeung | | |
| 21:30 | | | | | | | |

泰拳課堂 Muay Thai Class

| Time/Date | 24/6/2019, Mon | 25/6/2019, Tue | 26/6/2019, Wed | 27/6/2019, Thu | 28/6/2019, Fri | 29/6/2019, Sat | 30/6/2019, 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 | | | | Self-Defense 以色列軍用搏擊術 Eldad 20:45-21:45 | | |
| 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 | | | |
| 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 | 24/6/2019, Mon | 25/6/2019, Tue | 26/6/2019, Wed | 27/6/2019, Thu | 28/6/2019, Fri | 29/6/2019, Sat | 30/6/2019, 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 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 Carol Tai | | 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 Carol Tai | 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 Carol Tai 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 Ringo Wong |
| 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 Alex Pang | | 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 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 | Hot Stretch 高溫伸展 Manish | Yoga Stretch 伸展瑜伽 Trista | Hip Hop 街舞 Yeung | | |
| 21:30 | | | | | | | |