

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						
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						
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						
20:30						
21:00						
21:30						

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							
8:00							
8:30							
9:00							
9:30							
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							
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							

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							
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 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							
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							

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							
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 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 Hontas Wong	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							
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		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							
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 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							
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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 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							
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 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							