

3月份課程時間表 (FAC 鯽魚涌店)
Class Schedule Mar (FAC Quarry Bay)



泰拳課堂 Muay Thai Class							
Time/Date				1/3/2019,Fri	2/3/2019,Sat	3/3/2019,Sun	
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30				Muay Thai (LV1) 泰拳初級班			
11:00					Brazilian jiu-jitsu 巴西柔術		
11:30							
12:00							
12:30							
13:00					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	
13:30							
14:00				Muay Thai (LV1) 泰拳初級班			
14:30					Muay Thai (LV2) 泰拳中級班		
15:00							
15:30				Muay Thai (LV1) 泰拳初級班			
16:00						Muay Thai (LV1) 泰拳初級班	
16:30							
17:00							
17:30					Muay Thai (LV1) 泰拳初級班 17:45-18:45	Muay Thai (LV1) 泰拳初級班	
18:00				Muay Thai (LV1) 泰拳初級班			
18:30							
19:00				Muay Thai (LV2) 泰拳中級班	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					1/3/2019,Fri	2/3/2019,Sat	3/3/2019,Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30						Basic Yoga 基礎瑜伽 Manish	Hot Stretch 高溫伸展 Ice
11:00							
11:30					Myofascial Release 肌筋膜放鬆術 Isabel Siu 11:45-12:45	Hatha Yoga 哈達瑜伽 Manish 11:45-12:45	Flow Yoga 高溫瑜伽 Ice 11:45-12:45
12:00							
12:30							
13:00						Aerial Core 空中瑜伽核心 Isabel Siu	
13:30							
14:00							Yin Yoga 陰瑜伽 Ice 14:15-15:15
14:30							
15:00							
15:30						Yoga Core 核心瑜伽 Jo Tsang	
16:00							
16:30						Yin Yoga 陰瑜伽 Jo Tsang 16:45-17:45	
17:00							
17:30							
18:00					Latin Dance 拉丁舞 Karen Wong 18:15-19:15		
18:30							
19:00							
19:30					Hatha Yoga 哈達瑜伽 Emmatina 19:45-20:45		
20:00							
20:30							
21:00					Yoga Stretch 伸展瑜伽 Emmatina		
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：3586 3089

泰拳課堂 Muay Thai Class

Time/Date	4/3/2019, Mon	5/3/2019, Tue	6/3/2019, Wed	7/3/2019, Thu	8/3/2019, Fri	9/3/2019, Sat	10/3/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30			Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		
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		Brazilian jiu-jitsu 巴西柔術	
11:30							
12:00				Muay Thai (LV1) 泰拳初級班			
12:30			Muay Thai (LV2) 泰拳中級班 12:45-13:45				
13:00	Muay Thai (LV1) 泰拳初級班					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
13:30		Muay Thai (LV1) 泰拳初級班					
14:00					Muay Thai (LV1) 泰拳初級班		
14:30						Muay Thai (LV2) 泰拳中級班	
15:00							
15:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
16:00							Muay Thai (LV1) 泰拳初級班
16:30							
17:00							
17:30						Muay Thai (LV1) 泰拳初級班 17:45-18:45	Muay Thai (LV1) 泰拳初級班
18:00	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		
18:30				Muay Thai (LV1) 泰拳初級班			
19:00	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
19:30		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班				
20:00				Brazilian jiu-jitsu 巴西柔術			
20:30		Muay Thai (LV1) 泰拳初級班 20:45-21:45	Muay Thai (LV2) 泰拳中級班				
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：3586 3089

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	4/3/2019, Mon	5/3/2019, Tue	6/3/2019, Wed	7/3/2019, Thu	8/3/2019, Fri	9/3/2019, Sat	10/3/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30						Basic Yoga 基礎瑜伽 Apple	Hot Stretch 高溫伸展 Ice
11:00							
11:30					Myofascial Release 肌筋膜放鬆術 Isabel Siu 11:45-12:45	Hatha Yoga 哈達瑜伽 Apple 11:45-12:45	Flow Yoga 高溫瑜伽 Ice 11:45-12:45
12:00	**Power Lunch 午餐瑜伽 Trista 12:00-12:45						
12:30		Myofascial Release 肌筋膜放鬆術 Apple 12:45-13:45					
13:00			Aerial Basic 初級空中瑜伽 Tina	**Power Lunch 午餐瑜伽 Tina 13:00-13:45	Aerial Core 空中瑜伽核心 Isabel Siu		
13:30							
14:00			Hot Yoga 高溫瑜伽 Apple 14:15-15:15				Yin Yoga 陰瑜伽 Ice 14:15-15:15
14:30	Yoga Wheel Basic 初級瑜伽輪 Trista						
15:00							
15:30						Yoga Core 核心瑜伽 Jo Tsang	
16:00							
16:30						Yin Yoga 陰瑜伽 Jo Tsang 16:45-17:45	
17:00							
17:30							
18:00					Latin Dance 拉丁舞 Karen Wong 18:15-19:15		
18:30	Reggaeton 雷鬼動 Karen Wong	Hot Detox 高溫排毒 Manish	Pilates Mat Work 墊上彼拉提斯 Flora	Capoeira Garic			
19:00							
19:30			Megadanz 熱力勁舞 Carl 19:45-20:45		Hatha Yoga 哈達瑜伽 Emmatina 19:45-20:45		
20:00	Aerial Core 空中瑜伽核心 Isabel Siu	K-pop 韓國流行舞蹈 Scott Choi 20:15-21:15		Yoga Wheel Basic 初級瑜伽輪 Tina			
20:30							
21:00	Hot Stretch 高溫伸展 Isabel Siu 21:15-22:15			Yoga Stretch 伸展瑜伽 Tina 21:15-22:15	Yoga Stretch 伸展瑜伽 Emmatina		
21:30							

泰拳課堂 Muay Thai Class

Time/Date	11/3/2019, Mon	12/3/2019, Tue	13/3/2019, Wed	14/3/2019, Thu	15/3/2019, Fri	16/3/2019, Sat	17/3/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30			Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		
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		Brazilian jiu-jitsu 巴西柔術	
11:30							
12:00				Muay Thai (LV1) 泰拳初級班			
12:30			Muay Thai (LV2) 泰拳中級班 12:45-13:45				
13:00	Muay Thai (LV1) 泰拳初級班					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
13:30		Muay Thai (LV1) 泰拳初級班					
14:00					Muay Thai (LV1) 泰拳初級班		
14:30						Muay Thai (LV2) 泰拳中級班	
15:00							
15:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
16:00							Muay Thai (LV1) 泰拳初級班
16:30							
17:00							
17:30						Muay Thai (LV1) 泰拳初級班 17:45-18:45	Muay Thai (LV1) 泰拳初級班
18:00	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		
18:30				Muay Thai (LV1) 泰拳初級班			
19:00	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
19:30		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班				
20:00				Brazilian jiu-jitsu 巴西柔術			
20:30		Muay Thai (LV1) 泰拳初級班 20:45-21:45	Muay Thai (LV2) 泰拳中級班				
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：3586 3089

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	11/3/2019, Mon	12/3/2019, Tue	13/3/2019, Wed	14/3/2019, Thu	15/3/2019, Fri	16/3/2019, Sat	17/3/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30						Basic Yoga 基礎瑜伽 Tina	Hot Stretch 高溫伸展 Ice
11:00							
11:30					Myofascial Release 肌筋膜放鬆術 Isabel Siu 11:45-12:45	Hatha Yoga 哈達瑜伽 Apple 11:45-12:45	Flow Yoga 高溫瑜伽 Ice 11:45-12:45
12:00	**Power Lunch 午餐瑜伽 Trista 12:00-12:45						
12:30		Myofascial Release 肌筋膜放鬆術 Tina 12:45-13:45					
13:00			Aerial Basic 初級空中瑜伽 Tina	**Power Lunch 午餐瑜伽 Tina 13:00-13:45	Aerial Core 空中瑜伽核心 Isabel Siu		
13:30							
14:00			Hot Yoga 高溫瑜伽 Tina 14:15-15:15				Yin Yoga 陰瑜伽 Ice 14:15-15:15
14:30	Yoga Wheel Basic 初級瑜伽輪 Trista						
15:00							
15:30						Yoga Core 核心瑜伽 Jo Tsang	
16:00							
16:30						Yin Yoga 陰瑜伽 Jo Tsang 16:45-17:45	
17:00							
17:30							
18:00						Latin Dance 拉丁舞 Karen Wong 18:15-19:15	
18:30	Reggaeton 雷鬼動 Karen Wong	Hot Detox 高溫排毒 Tina	Pilates Mat Work 墊上彼拉提斯 Flora	Capoeira Garic			
19:00							
19:30			Megadanz 熱力勁舞 Carl 19:45-20:45		Hatha Yoga 哈達瑜伽 Emmatina 19:45-20:45		
20:00	Aerial Core 空中瑜伽核心 Isabel Siu	K-pop 韓國流行舞蹈 Scott Choi 20:15-21:15		Yoga Wheel Basic 初級瑜伽輪 Tina			
20:30							
21:00	Hot Stretch 高溫伸展 Isabel Siu 21:15-22:15			Yoga Stretch 伸展瑜伽 Tina 21:15-22:15	Yoga Stretch 伸展瑜伽 Emmatina		
21:30							

3月份課程時間表 (FAC 鯉魚涌店)
Class Schedule Mar (FAC Quarry Bay)



泰拳課堂 Muay Thai Class

Time/Date	18/3/2019, Mon	19/3/2019, Tue	20/3/2019, Wed	21/3/2019, Thu	22/3/2019, Fri	23/3/2019, Sat	24/3/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30			Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		
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		Brazilian jiu-jitsu 巴西柔術	
11:30							
12:00				Muay Thai (LV1) 泰拳初級班			
12:30			Muay Thai (LV2) 泰拳中級班 12:45-13:45				
13:00	Muay Thai (LV1) 泰拳初級班					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
13:30		Muay Thai (LV1) 泰拳初級班					
14:00				Muay Thai (LV1) 泰拳初級班			
14:30						Muay Thai (LV2) 泰拳中級班	
15:00							
15:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
16:00							Muay Thai (LV1) 泰拳初級班
16:30							
17:00							
17:30						Muay Thai (LV1) 泰拳初級班 17:45-18:45	Muay Thai (LV1) 泰拳初級班
18:00	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		
18:30				Muay Thai (LV1) 泰拳初級班			
19:00	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
19:30		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班				
20:00				Brazilian jiu-jitsu 巴西柔術			
20:30		Muay Thai (LV1) 泰拳初級班 20:45-21:45	Muay Thai (LV2) 泰拳中級班				
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	18/3/2019, Mon	19/3/2019, Tue	20/3/2019, Wed	21/3/2019, Thu	22/3/2019, Fri	23/3/2019, Sat	24/3/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30						Basic Yoga 基礎瑜伽 Apple	Hot Stretch 高溫伸展 Ice
11:00							
11:30			Gentle Yoga 和緩瑜伽 Tina 11:45-12:45		Myofascial Release 肌筋膜放鬆術 Isabel Siu 11:45-12:45	Hatha Yoga 哈達瑜伽 Apple 11:45-12:45	Hot Yoga 高溫瑜伽 Ice 11:45-12:45
12:00	**Power Lunch 午餐 Trista 12:00-12:45						
12:30		Myofascial Release 肌筋膜放鬆術 Apple 12:45-13:45					
13:00			Aerial Basic 初級空中瑜伽 Tina	**Power Lunch 午餐 Tina 13:00-13:45	Aerial Core 空中瑜伽核心 Isabel Siu		
13:30							
14:00			Hot Yoga 高溫瑜伽 Apple 14:15-15:15				Yin Yoga 陰瑜伽 Ice 14:15-15:15
14:30	Yoga Wheel Basic 初級瑜伽輪 Trista						
15:00							
15:30						Yoga Core 核心瑜伽 Jo Tsang	
16:00							
16:30						Yin Yoga 陰瑜伽 Jo Tsang 16:45-17:45	
17:00							
17:30							
18:00						Latin Dance 拉丁舞 Karen Wong 18:15-19:15	
18:30	Reggaeton 雷鬼動 Karen Wong	Hot Detox 高溫排毒 Tina	Pilates Mat Work 墊上彼拉提斯 Flora	Capoeira Garic			
19:00							
19:30			Megadanz 熱力勁舞 Carl 19:45-20:45		Hatha Yoga 哈達瑜伽 Emmatina 19:45-20:45		
20:00	Aerial Core 空中瑜伽核心 Isabel Siu	K-pop 韓國流行舞蹈 Scott Choi 20:15-21:15		Yoga Wheel Basic 初級瑜伽輪 Tina			
20:30							
21:00	Hot Stretch 高溫伸展 Isabel Siu 21:15-22:15			Yoga Stretch 伸展瑜伽 Tina 21:15-22:15	Yoga Stretch 伸展瑜伽 Emmatina		
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：3586 3089

泰拳課堂 Muay Thai Class

Time/Date	25/3/2019, Mon	26/3/2019, Tue	27/3/2019, Wed	28/3/2019, Thu	29/3/2019, Fri	30/3/2019, Sat	31/3/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30			Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		
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		Brazilian jiu-jitsu 巴西柔術	
11:30							
12:00				Muay Thai (LV1) 泰拳初級班			
12:30			Muay Thai (LV2) 泰拳中級班 12:45-13:45				
13:00	Muay Thai (LV1) 泰拳初級班					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
13:30		Muay Thai (LV1) 泰拳初級班					
14:00					Muay Thai (LV1) 泰拳初級班		
14:30						Muay Thai (LV2) 泰拳中級班	
15:00							
15:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
16:00							Muay Thai (LV1) 泰拳初級班
16:30							
17:00							
17:30						Muay Thai (LV1) 泰拳初級班 17:45-18:45	Muay Thai (LV1) 泰拳初級班
18:00	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		
18:30				Muay Thai (LV1) 泰拳初級班			
19:00	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
19:30		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班				
20:00				Brazilian jiu-jitsu 巴西柔術			
20:30		Muay Thai (LV1) 泰拳初級班 20:45-21:45	Muay Thai (LV2) 泰拳中級班				
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	25/3/2019, Mon	26/3/2019, Tue	27/3/2019, Wed	28/3/2019, Thu	29/3/2019, Fri	30/3/2019, Sat	31/3/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30						Basic Yoga 基礎瑜伽 Manish	Hot Stretch 高溫伸展 Ice
11:00							
11:30			Gentle Yoga 和緩瑜伽 Tina 11:45-12:45		Myofascial Release 肌筋膜放鬆術 Isabel Siu 11:45-12:45	Hatha Yoga 哈達瑜伽 Manish 11:45-12:45	Hot Yoga 高溫瑜伽 Ice 11:45-12:45
12:00	**Power Lunch 午餐瑜伽 Trista 12:00-12:45						
12:30		Myofascial Release 肌筋膜放鬆術 Apple 12:45-13:45					
13:00			Aerial Basic 初級空中瑜伽 Tina	**Power Lunch 午餐瑜伽 Tina 13:00-13:45	Aerial Core 空中瑜伽核心 Isabel Siu		
13:30							
14:00			Hot Yoga 高溫瑜伽 Tina 14:15-15:15				Yin Yoga 陰瑜伽 Ice 14:15-15:15
14:30	Yoga Wheel Basic 初級瑜伽輪 Trista						
15:00							
15:30						Yoga Core 核心瑜伽 Tina	
16:00							
16:30						Yin Yoga 陰瑜伽 Tina 16:45-17:45	
17:00							
17:30							
18:00						Latin Dance 拉丁舞 Karen Wong 18:15-19:15	
18:30	Reggaeton 雷鬼動 Karen Wong	Hot Detox 高溫排毒 Js Lee	Pilates Mat Work 墊上彼拉提斯 Flora	Capoeira Garic			
19:00							
19:30			Megadanz 熱力勁舞 Carl 19:45-20:45		Hatha Yoga 哈達瑜伽 Trista 19:45-20:45		
20:00	Aerial Core 空中瑜伽核心 Isabel Siu	K-pop 韓國流行舞蹈 Scott Choi 20:15-21:15		Yoga Wheel Basic 初級瑜伽輪 Tina			
20:30							
21:00	Hot Stretch 高溫伸展 Isabel Siu 21:15-22:15			Yoga Stretch 伸展瑜伽 Tina 21:15-22:15	Yoga Stretch 伸展瑜伽 Trista		
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：3586 3089