

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			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	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						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	Flow Yoga 高溫瑜伽 Ice 11:45-12:45
12:00	**Power Lunch 午餐瑜伽 Trista 12:00-12:45	**Maximum Burn Canga 12:00-12:30			**Maximum Burn Canga 12:15-12:45		
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	**Maximum Burn Canga 13:00-13:45	
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			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 (進階課堂需視個別店繳交課堂費用)
電話：3586 3089

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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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	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							
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	Flow Yoga 高溫瑜伽 Ice 11:45-12:45
12:00	**Power Lunch 午餐瑜伽 Trista 12:00-12:45	**Maximum Burn Canga 12:00-12:30			**Maximum Burn Canga 12:15-12:45		
12:30		Yoga Stretch 伸展瑜伽 Jo Chan 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	**Maximum Burn Canga 13:00-13:45	
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			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	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							
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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							
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							
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	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						Basic Yoga 基礎瑜伽 Flora	Hot Stretch 高溫伸展 Ice
11:00							
11:30			Gentle Yoga 和緩瑜伽 Manish 11:45-12:45		Yin Yoga 陰瑜伽 Tina 11:45-12:45	Hatha Yoga 哈達瑜伽 Flora 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	**Maximum Burn Canga 12:00-12:30		**Maximum Burn Canga 12:15-12:45			
12:30			Ashtanga Vinyasa 阿斯湯加瑜伽 Manish 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 Tina	**Maximum Burn Canga 13:00-13:45
13:30							
14:00				Hot Yoga 高溫瑜伽 Manish 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				
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 Carol Tai						
20:30							
21:00	Hot Stretch 高溫伸展 Carol Tai 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

4月份課程時間表 (FAC 鯽魚涌店)
Class Schedule Apr (FAC Quarry Bay)



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							
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	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							
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 Trista
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 Trista 11:45-12:45
12:00	**Power Lunch 午餐瑜伽 Trista 12:00-12:45	**Maximum Burn Canga 12:00-12:30		**Maximum Burn Canga 12:15-12:45			
12:30		Ashtanga Vinyasa 阿斯湯加瑜伽 Manish 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	**Maximum Burn Canga 13:00-13:45	
13:30							
14:00			Hot Yoga 高溫瑜伽 Tina 14:15-15:15				Yin Yoga 陰瑜伽 Trista 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 Manish	
16:00							
16:30						Yin Yoga 陰瑜伽 Manish 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			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	29/4/2019, Mon	30/4/2019, Tue				
7:00						
7:30						
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11:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班				
11:30						
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13:00	Muay Thai (LV1) 泰拳初級班					
13:30		Muay Thai (LV1) 泰拳初級班				
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15:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班				
16:00						
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17:30						
18:00	Muay Thai (LV2) 泰拳中級班					
18:30						
19:00	Muay Thai (LV1) 泰拳初級班					
19:30		Muay Thai (LV2) 泰拳中級班				
20:00						
20:30						
21:00						
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						
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10:00						
10:30						
11:00						
11:30						
12:00	**Power Lunch 午餐瑜伽 Trista 12:00-12:45	**Maximum Burn Canga 12:00-12:30				
12:30		Flow Yoga 流瑜伽 Flora 12:45-13:45				
13:00						
13:30						
14:00						
14:30	Yoga Wheel Basic 初級瑜伽輪 Trista					
15:00						
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16:30						
17:00						
17:30						
18:00						
18:30	Reggaeton 雷鬼動 Karen Wong	Hot Detox 高溫排毒 Tina				
19:00						
19:30						
20:00	Aerial Core 空中瑜伽核心 Isabel Siu					
20:30						
21:00	Hot Stretch 高溫伸展 Isabel Siu 21:15-22:15					
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