

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		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		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 (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	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		Muay Thai (LV1) 泰拳初級班			
18:30			Muay Thai (LV1) 泰拳初級班				
19:00				Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
19:30		Muay Thai (LV1) 泰拳初級班					
20:00			Brazilian jiu-jitsu 巴西柔術				
20:30		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 (進階課程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		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						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			**Maximum Burn Canga 12:15-12:45				
12:30							
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					**Maximum Burn Canga 14:30-15:15		
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					Hip Hop 街舞 Roy Chung 18:15-19:15		
18:30							
18:30		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				Yoga Wheel Basic 初級瑜伽輪 Tina			
20:30							
21:00			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	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			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	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						Basic Yoga 基礎瑜伽 Manish	Hot Stretch 高溫伸展 Ice
11:00							
11:30			Gentle Yoga 和緩瑜伽 Flora 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	**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		
13:30							
14:00			Yoga Stretch 伸展瑜伽 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					**Maximum Burn Canga 14:30-15:15	
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						Hip Hop 街舞 Roy Chung 18:15-19:15	
18:30	Reggaeton 雷鬼動 Karen Wong	Aerial Basic 初級空中瑜伽 Tina	Flow Yoga 流瑜伽 Emmatina				
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	Jazz Funk 爵士放克 Roy Chung 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 Wheel Basic 初級瑜伽輪 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	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							
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	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							
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	Hot Yoga 高溫瑜伽 Ice 11:45-12:45
12:00	**Power Lunch 午餐瑜伽 Flora 12:00-12:45	**Maximum Burn Canga 12:00-12:30			**Maximum Burn Canga 12:15-12:45		
12:30		Power Lunch 午餐瑜伽 Flora 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				Yoga Stretch 伸展瑜伽 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 Flora					**Maximum Burn Canga 14:30-15:15	
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						Hip Hop 街舞 Roy Chung 18:15-19:15	
18:30	Reggaeton 雷鬼動 Karen Wong	Aerial Basic 初級空中瑜伽 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 Isabel Siu	Jazz Funk 爵士放克 Roy Chung 20:15-21:15			Hot Yoga 高溫瑜伽 Tina		
20:30							
21:00	Hot Stretch 高溫伸展 Isabel Siu 21:15-22:15				Yoga Wheel Basic 初級瑜伽輪 Tina 21:15-22:15	Yoga Stretch 伸展瑜伽 Emmatina	
21:30							

5月份課程時間表 (FAC 鯽魚涌店)  
Class Schedule May (FAC Quarry Bay)



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							
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	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							
10:30			Yoga Basic 基礎瑜伽 Js Lee			Basic Yoga 基礎瑜伽 Manish	Hot Stretch 高溫伸展 Ice
11:00							
11:30			Gentle Yoga 和緩瑜伽 Js Lee 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 Manish 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	
13:30							
14:00			Yoga Stretch 伸展瑜伽 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 Manish					**Maximum Burn Canga 14:30-15:15	
15:00							
15:30						Yoga Core 核心瑜伽 Jo Tsang	
16:00							
16:30	Yoga Core 核心瑜伽 Manish					Yin Yoga 陰瑜伽 Jo Tsang 16:45-17:45	
17:00							
17:30							
18:00						Hip Hop 街舞 Roy Chung 18:15-19:15	
18:30	Reggaeton 雷鬼動 Karen Wong	Aerial Basic 初級空中瑜伽 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 Isabel Siu	Jazz Funk 爵士放克 Roy Chung 20:15-21:15			Hot Yoga 高溫瑜伽 Tina		
20:30							
21:00	Hot Stretch 高溫伸展 Isabel Siu 21:15-22:15				Yoga Wheel Basic 初級瑜伽輪 Tina 21:15-22:15	Yoga Stretch 伸展瑜伽 Emmatina	
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					
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	
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				
13:30		Muay Thai (LV1) 泰拳初級班			
14:00				Muay Thai (LV1) 泰拳初級班	
14:30					
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					
16:30					
17:00					
17:30					
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
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	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					
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
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
13:30					
14:00			Yoga Stretch 伸展瑜伽 Tina 14:15-15:15		
14:30	Yoga Wheel Basic 初級瑜伽輪 Trista				
15:00					
15:30					
16:00					
16:30					
17:00					
17:30					
18:00					Hip Hop 街舞 Roy Chung 18:15-19:15
18:30	Reggaeton 雷鬼動 Karen Wong	Aerial Basic 初級空中瑜伽 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 Isabel Siu	Jazz Funk 爵士放克 Roy Chung 20:15-21:15		Hot Yoga 高溫瑜伽 Tina	
20:30					
21:00	Hot Stretch 高溫伸展 Isabel Siu 21:15-22:15			Yoga Wheel Basic 初級瑜伽輪 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