

6月份課程時間表 (FAC 鯽魚涌店)
Class Schedule Jun (FAC Quarry Bay)



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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| 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 | | | | | | | |
| 14:30 | | | | | | Muay Thai (LV2) 泰拳中級班 | |
| 15:00 | | | | | | | |
| 15:30 | | | | | | | |
| 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 | | | | | | | |
| 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 | | | | | | | |
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| 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 | | | | | | | |
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| 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 | | | | | | Hatha Yoga 哈達瑜伽 Manish 11:45-12:45 | Flow Yoga 流瑜伽 Ice 11:45-12:45 |
| 12:00 | | | | | | | |
| 12:30 | | | | | | | |
| 13:00 | | | | | | | |
| 13:30 | | | | | | | |
| 14:00 | | | | | | | 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 Jo Tsang | |
| 16:00 | | | | | | | |
| 16:30 | | | | | | Yin Yoga 陰瑜伽 Jo Tsang 16:45-17:45 | |
| 17:00 | | | | | | | |
| 17:30 | | | | | | | |
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| 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 | 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 | | | 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 | | | | | 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 | 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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| 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 流瑜伽 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 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 | | 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 Manish | | |
| 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 | 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 | | | 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 | | | | | 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 | 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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| 9:00 | | | | | | | |
| 9:30 | | | | | | | |
| 10:00 | | | | | | | |
| 10:30 | | | | | | Basic Yoga 基礎瑜伽 Emmatina | 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 Emmatina 11:45-12:45 | Flow Yoga 流瑜伽 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 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 | | 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

6月份課程時間表 (FAC 鯉魚涌店)
Class Schedule Jun (FAC Quarry Bay)



| 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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| 10:00 | | | | | | | |
| 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 | | | | 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 | 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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| 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 流瑜伽 Ice 11:45-12:45 |
| 12:00 | **Power Lunch 午餐瑜伽 Tina 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 Tina | | | | | **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 | | | | | | | |
| 18:30 | | Aerial Basic 初級空中瑜伽 Tina | | | | | |
| 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 | 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 | | | 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 | | | | | 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 | 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 | | | | | | | |
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| 9:00 | | | | | | | |
| 9:30 | | | | | | | |
| 10:00 | | | | | | | |
| 10:30 | | | | | | Basic Yoga 基礎瑜伽 Emmatina | 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 Emmatina 11:45-12:45 | Flow Yoga 流瑜伽 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 | | | | | | | |
| 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 | | | | | | 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 | | Aerial Basic 初級空中瑜伽 Tina | | | | | |
| 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 | | | | | | | |