

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							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
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							
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							
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						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							
18:00							
18:30							
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：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							
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							

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						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		Yoga Stretch 伸展瑜伽 Trista 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							
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							

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						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		Yoga Stretch 伸展瑜伽 Trista 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					
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							
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	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						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 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			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							
8:00							
8:30							
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		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			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							