

Time/Date	1/5/2018,Tue	2/5/2018,Wed	3/5/2018,Thu	4/5/2018,Fri	5/5/2018,Sat	6/5/2018,Sun
7:00						
7:30						
8:00						
8:30			Yoga Stretch 伸展瑜伽 Wing C			
9:00						
9:30						
10:00		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		Yin Yoga 陰瑜伽 Jeni 10:10-11:10
10:30					Muay Thai (LV1) 泰拳初級班	
11:00	Muay Thai (LV1) 泰拳初級班 Yin Yoga 陰瑜伽 Andrea					Muay Thai (LV1) 泰拳初級班
11:30					Yin Yoga 陰瑜伽 Andrea Muay Thai (LV2) 泰拳中級班	
12:00						
12:30	Equipment Pilates 器械彼拉提斯 Andrea	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **Power Lunch 午餐瑜伽 Jeni 12:45-13:00	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Zumba Fitness Tracy	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Hot Detox 高溫排毒 Pearl 12:45-13:45	Hot Stretch 高溫伸展 Andrea 12:45-13:45	
13:00		**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session		Power Yoga 力量瑜伽 Ada
13:30		Muay Thai (LV2) 泰拳中級班				Muay Thai (LV2) 泰拳中級班
14:00		Capoeira Garic	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 Jennifer C 14:20-15:20	Yoga Basic 基礎瑜伽 Ada 14:20-15:20
14:30						
15:00						
15:30					Boxing (LV1) 西洋拳初級班 / Bro Yoga 男士瑜伽 Jennifer C	
16:00	Muay Thai (LV1) 泰拳初級班					Muay Thai (LV1) 泰拳初級班
16:30						
17:00				Muay Thai (LV1) 泰拳初級班		
17:30	Muay Thai (LV1) 泰拳初級班				Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
18:00		Muay Thai (LV2) 泰拳中級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15			
18:30		TAV 瑜伽脊柱泡沫 Daisy 18:40-19:40	Yoga Basic 基礎瑜伽 Jeni	Hatha Yoga 哈達瑜伽 Tanny		
19:00	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 / Hatha Yoga 哈達瑜伽 Daisy 19:40-20:40	Muay Thai (LV2) 泰拳中級班 / Hot Slim 高溫瘦身 Kimmy	Muay Thai (LV2) 泰拳中級班 / K-POP 韓國流行舞蹈 Sharon		
20:00						
20:30		Muay Thai (LV1) 泰拳初級班 / Cardio Funky 帶氧瘦身舞 Wing Ng 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Hot Stretch 高溫伸展 Kimmy 20:40-21:40	Muay Thai (LV1) 泰拳初級班		
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 (XT45課堂只接受電話預約或親臨分店辦理預約手續)
電話：2478 9578

Time/Date	7/5/2018, Mon	8/5/2018, Tue	9/5/2018, Wed	10/5/2018, Thu	11/5/2018, Fri	12/5/2018, Sat	13/5/2018, Sun
7:00							
7:30							
8:00							
8:30				Yoga Stretch 伸展瑜伽 Wing C			
9:00							
9:30							
10:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		Yin Yoga 陰瑜伽 Kimmy 10:10-11:10
10:30						Muay Thai (LV1) 泰拳初級班	
11:00	Hatha Yoga 哈達瑜伽 Prudence						Muay Thai (LV1) 泰拳初級班
11:30						Yin Yoga 陰瑜伽 Andrea	
12:00						Muay Thai (LV2) 泰拳中級班	
12:30	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Yin Yoga 陰瑜伽 Prudence 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Equipment Pilates 器械彼拉提斯 Andrea	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **Power Lunch 午餐瑜伽 Jeni 12:45-13:00	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Zumba Fitness Tracy	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Hot Detox 高溫排毒 Pearl 12:45-13:45	Hot Stretch 高溫伸展 Andrea 12:45-13:45	
13:00	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session		Power Yoga 力量瑜伽 Kimmy
13:30							Muay Thai (LV2) 泰拳中級班
14:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Capoeira Garic	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 Jennifer C 14:20-15:20	Yoga Basic 基礎瑜伽 Ada 14:20-15:20
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班 / Bor Yoga 男士瑜伽 Jennifer C	
16:00							Muay Thai (LV1) 泰拳初級班
16:30							
17:00		Muay Thai (LV1) 泰拳初級班			Muay Thai (LV1) 泰拳初級班		
17:30						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
18:00	Muay Thai (LV2) 泰拳中級班 18:15-19:15	**Funky Muay Thai 放克泰拳 Fung 18:15-19:00	Muay Thai (LV2) 泰拳中級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15			
18:30	Inversion 倒置體式練習 Chloe S		TAV 瑜伽脊柱泡沫 Daisy 18:40-19:40	Yoga Basic 基礎瑜伽 Jeni	Hatha Yoga 哈達瑜伽 Cherie		
19:00							Muay Thai (LV1) 泰拳初級班
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Stretch 伸展瑜伽 Chloes S	Muay Thai (LV2) 泰拳中級班 / Yin Yoga 陰瑜伽 Andrea	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga 哈達瑜伽 Daisy 19:40-20:40	Muay Thai (LV2) 泰拳中級班 / Hot Slim 高溫瘦身 Kimmy	Muay Thai (LV2) 泰拳中級班 / K-POP 韓國流行舞蹈 Sharon		
20:00							
20:30	Muay Thai (LV1) 泰拳初級班 / Hot Stretch 高溫伸展 Katherine 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Funky Dance 放克舞 Suki 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Cardio Funky 帶氧瘦身舞 Wing Ng 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Hot Stretch 高溫伸展 Kimmy 20:40-21:40	Muay Thai (LV1) 泰拳初級班		
21:00							
21:30							

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Time/Date	14/5/2018, Mon	15/5/2018, Tue	16/5/2018, Wed	17/5/2018, Thu	18/5/2018, Fri	19/5/2018, Sat	20/5/2018, Sun
7:00							
7:30							
8:00							
8:30				Yoga Stretch 伸展瑜伽 Andrea			
9:00							
9:30							
10:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		Yin Yoga 陰瑜伽 Jeni 10:10-11:10
10:30						Muay Thai (LV1) 泰拳初級班	
11:00	Hatha Yoga 哈達瑜伽 Jeni						Muay Thai (LV1) 泰拳初級班
11:30						Yin Yoga 陰瑜伽 Andrea	
12:00						Muay Thai (LV2) 泰拳中級班	
12:30	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Yin Yoga 陰瑜伽 Jeni 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Equipment Pilates 器械彼拉提斯 Keyne	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **Power Lunch 午餐瑜伽 Jeni 12:45-13:00	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Zumba Fitness Tracy	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Hot Detox 高溫排毒 Ketnix 12:45-13:45	Hot Stretch 高溫伸展 Andrea 12:45-13:45	
13:00	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session		Power Yoga 力量瑜伽 Ada
13:30							Muay Thai (LV2) 泰拳中級班
14:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Capoeira Garc	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 Kimmy 14:20-15:20	Yoga Basic 基礎瑜伽 Ada 14:20-15:20
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班 / Bro Yoga 男士瑜伽 Kimmy	
16:00							Muay Thai (LV1) 泰拳初級班
16:30							
17:00					Muay Thai (LV1) 泰拳初級班		
17:30						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
18:00	Muay Thai (LV2) 泰拳中級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15	Muay Thai (LV2) 泰拳中級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15			
18:30	Inversion 倒置體式練習 Chloe S		TAV 瑜伽脊柱泡沫 Daisy 18:40-19:40	Yoga Basic 基礎瑜伽 Jeni	Hatha Yoga 哈達瑜伽 Tanny		
19:00							Muay Thai (LV1) 泰拳初級班
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Stretch 伸展瑜伽 Chloes S	Muay Thai (LV2) 泰拳中級班 / Yin Yoga 陰瑜伽 Andrea	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga 哈達瑜伽 Daisy 19:40-20:40	Muay Thai (LV2) 泰拳中級班 / Hot Slim 高溫瘦身 Kimmy	Muay Thai (LV2) 泰拳中級班 / K-POP 韓國流行舞蹈 Sharon		
20:00							
20:30	Muay Thai (LV1) 泰拳初級班 / Hot Stretch 高溫伸展 Katherine 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Funky Dance 放克舞 Suki 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Cardio Funky 帶氧瘦身舞 Wing Ng 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Hot Stretch 高溫伸展 Kimmy 20:40-21:40	Muay Thai (LV1) 泰拳初級班		
21:00							
21:30							

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Time/Date	21/5/2018, Mon	22/5/2018, Tue	23/5/2018, Wed	24/5/2018, Thu	25/5/2018, Fri	26/5/2018, Sat	27/5/2018, Sun
7:00							
7:30							
8:00							
8:30				Yoga Stretch 伸展瑜伽 Andrea			
9:00							
9:30							
10:00	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		Yin Yoga 陰瑜伽 Jeni 10:10-11:10
10:30						Muay Thai (LV1) 泰拳初級班	
11:00	Hatha Yoga 哈達瑜伽 Prudence	Muay Thai (LV1) 泰拳初級班					Muay Thai (LV1) 泰拳初級班
11:30		Yin Yoga 陰瑜伽 Andrea				Yin Yoga 陰瑜伽 Jeni	
12:00						Muay Thai (LV2) 泰拳中級班	
12:30	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Yin Yoga 陰瑜伽 Prudence 12:45-13:45	Equipment Pilates 器械彼拉提斯 Keyne	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **Power Lunch 午餐瑜伽 Jeni 12:45-13:00	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Zumba Fitness Tracy	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Hot Detox 高溫排毒 Pearl 12:45-13:45	Hot Stretch 高溫伸展 Jeni 12:45-13:45	
13:00	**XT45 13:00-13:45 \$ 250/Session		**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session		Power Yoga 力量瑜伽 Ada
13:30		Muay Thai (LV2) 泰拳中級班					Muay Thai (LV2) 泰拳中級班
14:00	Muay Thai (LV1) 泰拳初級班		Capoeira Garic	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 Jennifer C 14:20-15:20	Yoga Basic 基礎瑜伽 Ada 14:20-15:20
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班 / Bor Yoga 男士瑜伽 Jennifer C	
16:00		Muay Thai (LV1) 泰拳初級班					Muay Thai (LV1) 泰拳初級班
16:30							
17:00		Muay Thai (LV1) 泰拳初級班 17:15-18:15			Muay Thai (LV1) 泰拳初級班		
17:30						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
18:00	Muay Thai (LV2) 泰拳中級班 18:15-19:15	**Funky Muay Thai 放克泰拳 Fung 18:15-19:00	Muay Thai (LV2) 泰拳中級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15			
18:30	Inversion 倒置體式練習 Chloe S		TAV 瑜伽脊柱泡沫 Daisy 18:40-19:40	Yoga Basic 基礎瑜伽 Jeni	Hatha Yoga 哈達瑜伽 Tanny		
19:00							Muay Thai (LV1) 泰拳初級班
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Stretch 伸展瑜伽 Chloes S		Muay Thai (LV1) 泰拳初級班 / Hatha Yoga 哈達瑜伽 Daisy 19:40-20:40	Muay Thai (LV2) 泰拳中級班 / Hot Slim 高溫瘦身 Kimmy	Muay Thai (LV2) 泰拳中級班 / K-POP 韓國流行舞蹈 Sharon		
20:00							
20:30	Muay Thai (LV1) 泰拳初級班 / Hot Stretch 高溫伸展 Katherine 20:40-21:40		Muay Thai (LV1) 泰拳初級班 / Cardio Funky 帶氧瘦身舞 Wing Ng 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Hot Stretch 高溫伸展 Kimmy 20:40-21:40			
21:00							
21:30							

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電話：2478 9578

Time/Date	28/5/2018, Mon	29/5/2018, Tue	30/5/2018, Wed	31/5/2018, Thu		
7:00						
7:30						
8:00						
8:30				Yoga Stretch 伸展瑜珈 Wing C		
9:00						
9:30						
10:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
10:30						
11:00	Hatha Yoga 哈達瑜珈 Prudence					
11:30						
12:00						
12:30	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Yin Yoga 陰瑜珈 Prudence 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Equipment Pilates 器械彼拉提斯 Keyne	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **Power Lunch 午餐瑜珈 Jeni 12:45-13:00	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Zumba Fitness Tracy		
13:00	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session	**XT45 13:00-13:45 \$ 250/Session		
13:30						
14:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Capoeira Garic	Muay Thai (LV1) 泰拳初級班		
14:30						
15:00						
15:30						
16:00						
16:30						
17:00		Muay Thai (LV1) 泰拳初級班				
17:30						
18:00	Muay Thai (LV2) 泰拳中級班 18:15-19:15	**Funky Muay Thai 放克泰拳 Fung 18:15-19:00	Muay Thai (LV2) 泰拳中級班 18:15-19:15	Muay Thai (LV1) 泰拳初級班 18:15-19:15		
18:30	Inversion 倒置體式練習 Chloe S		TAV 瑜珈脊柱泡沫 Daisy 18:40-19:40	Yoga Basic 基礎瑜珈 Jeni		
19:00						
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Stretch 伸展瑜珈 Chloes S	Muay Thai (LV2) 泰拳中級班 / Yin Yoga 陰瑜珈 Andrea	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga 哈達瑜珈 Daisy 19:40-20:40	Muay Thai (LV2) 泰拳中級班 / Hot Slim 高溫瘦身 Kimmy		
20:00						
20:30	Muay Thai (LV1) 泰拳初級班 / Hot Stretch 高溫伸展 Katherine 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Funky Dance 放克舞 Suki 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Cardio Funky 帶氧瘦身舞 Wing Ng 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Hot Stretch 高溫伸展 Kimmy 20:40-21:40		
21:00						
21:30						

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