

Time/Date						01/07/2017, Sat	02/07/2017, Sun
07:00							
07:30							
08:00							
08:30							
09:00							
09:30							
10:00							Pilates Mat Work (1) 墊上彼拉提斯 Keyne 10:10 - 11:10
10:30							
11:00						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
11:30						Yin Yoga (1) 陰瑜伽 Andrea	
12:00							
12:30						Hot Stretch (1) 高溫伸展 Andrea 12:40 - 13:40	
13:00							Power Yoga (2) 力量瑜伽 Ken
13:30						**Muay Thai (LV2) 泰拳中級班 13:45 - 15:00	**Muay Thai (LV2) 泰拳中級班 13:45 - 15:00
14:00						Myofascial Release 肌筋膜放鬆術 (1) Kimmy* 14:20 - 15:20	Yoga Basic (1) 基礎瑜伽 Ken 14:20 - 15:20
14:30							
15:00							
15:30						Bro Yoga (1-2) 男士瑜伽 Kimmy*	
16:00						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
16:30							
17:00							
17:30						Muay Thai (LV1) 泰拳初級班	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							

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：2612 0549

7 月份課程時間表 (FAC 荃灣店)  
Class Schedule JUL (FAC Tsuen Wan)



Time/Date	03/07/2017, Mon	04/07/2017, Tue	05/07/2017, Wed	06/07/2017, Thu	07/07/2017, Fri	08/07/2017, Sat	09/07/2017, Sun
07:00				Morning Yoga (1) 早晨瑜伽 Wing C 07:15 - 08:15			
07:30							
08:00							
08:30				Yoga Stretch (1) 伸展瑜伽 Wing C			
09:00		Tai Chi 太極 Mark					
09:30							
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		Pilates Mat Work 墊上彼拉提斯 (1) Keyne 10:10 - 11:10
10:30						Muay Thai (LV1) 泰拳初級班	
11:00	Hatha Yoga (1-2) 哈達瑜伽 PW						Muay Thai (LV1) 泰拳初級班
11:30						Yin Yoga (1) 陰瑜伽 Andrea	
12:00						**Muay Thai (LV2) 泰拳中級班 12:00 - 13:15	
12:30	Yin Yoga (1) 陰瑜伽 PW / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Equipment Pilates 器械彼拉提斯 (1-2) Keyne / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Power Lunch (1) 午餐瑜伽 Tanny 12:45 - 13:30 / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Zumba Fitness 森巴健身 Tracy / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Hot Detox (1-2) 高溫排毒 Pearl / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Hot Stretch (1) 高溫伸展 Andrea 12:40 - 13:40	
13:00	XT45 13:00 - 13:45	XT45 13:00 - 13:45	XT45 13:00 - 13:45	XT45 13:00 - 13:45	XT45 13:00 - 13:45		Power Yoga (2) 力量瑜伽 Ken
13:30							**Muay Thai (LV2) 泰拳中級班 13:45 - 15:00
14:00	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	Muay Thai (LV1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 (1) Calvin* 14:20 - 15:20	Yoga Basic (1) 基礎瑜伽 Ken 14:20 - 15:20
14:30							
15:00							
15:30						Bro Yoga (1-2) 男士瑜伽 Calvin* / Boxing (LV1) 西洋拳初級班	
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 - 19:30	Funky Muay Thai 放克泰拳 Fung 18:15 - 19:00	**Muay Thai (LV2) 泰拳中級班 18:15 - 19:30	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15			
18:30	Yoga Stretch (1) 伸展瑜伽 Chloe S	K-pop (1) 韓國流行舞蹈 Yeung	Yin Yoga (1) 陰瑜伽 Daisy 18:40 - 19:40		Hatha Yoga (1) 哈達瑜伽 Melody* / Mixed Martial Arts 綜合格鬥 Fung		
19:00		**Muay Thai (LV2) 泰拳中級班 19:15 - 20:30		**Muay Thai (LV2) 泰拳中級班 19:15 - 20:30	**Muay Thai (LV2) 泰拳中級班 19:15 - 20:30		Muay Thai (LV1) 泰拳初級班
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Core (1-2) 核心瑜伽 Chloe S	Yin Yoga (1) 陰瑜伽 Andrea	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga (1) 哈達瑜伽 Daisy 19:40 - 20:40	Hot Stretch (1) 高溫伸展 Kimmy	K-pop (1) 韓國流行舞蹈 Jasmine		
20:00							
20:30	Muay Thai (LV1) 泰拳初級班 / Hot Stretch (1) 高溫伸展 Katherine 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Cardio Funky (1) 帶氧瘦身舞 Suki 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Tai Chi 太極 Mark 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Hot Slim (1-2) 高溫瘦身 Kimmy 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Dance Stretch (1) 舞蹈伸展 Jasmine 20:40 - 21:40		
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：2612 0549

7 月份課程時間表 (FAC 荃灣店)  
Class Schedule JUL (FAC Tsuen Wan)



Time/Date	10/07/2017, Mon	11/07/2017, Tue	12/07/2017, Wed	13/07/2017, Thu	14/07/2017, Fri	15/07/2017, Sat	16/07/2017, Sun
07:00				Morning Yoga (1) 早晨瑜伽 Wing C 07:15 - 08:15			
07:30							
08:00							
08:30				Yoga Stretch (1) 伸展瑜伽 Wing C			
09:00		Tai Chi 太極 Mark					
09:30							
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		Pilates Mat Work 墊上彼拉提斯 (1) Keyne 10:10 - 11:10
10:30						Muay Thai (LV1) 泰拳初級班	
11:00	Hatha Yoga (1-2) 哈達瑜伽 PW						Muay Thai (LV1) 泰拳初級班
11:30						Yin Yoga (1) 陰瑜伽 Andrea	
12:00						**Muay Thai (LV2) 泰拳中級班 12:00 - 13:15	
12:30	Yin Yoga (1) 陰瑜伽 PW / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Equipment Pilates 器械彼拉提斯 (1-2) Keyne / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Power Lunch (1) 午餐瑜伽 Tanny 12:45 - 13:30 / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Zumba Fitness 森巴健身 Tracy / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Hot Detox (1-2) 高溫排毒 Pearl / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Hot Stretch (1) 高溫伸展 Andrea 12:40 - 13:40	Muay Thai (Parent-child class) 泰拳親子班
13:00	XT45 13:00 - 13:45	XT45 13:00 - 13:45	XT45 13:00 - 13:45	XT45 13:00 - 13:45	XT45 13:00 - 13:45		Power Yoga (2) 力量瑜伽 Ken
13:30							**Muay Thai (LV2) 泰拳中級班 13:45 - 15:00
14:00	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	Muay Thai (LV1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 (1) Jennifer C 14:20 - 15:20	Yoga Basic (1) 基礎瑜伽 Ken 14:20 - 15:20
14:30							
15:00							
15:30						Bro Yoga (1-2) 男士瑜伽 Jennifer C / Boxing (LV1) 西洋拳初級班	
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 - 19:30	Funky Muay Thai (1) 放克泰拳 Fung 18:15 - 19:00	**Muay Thai (LV2) 泰拳中級班 18:15 - 19:30	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15			
18:30	Yoga Stretch (1) 伸展瑜伽 Andrea*	K-pop (1) 韓國流行舞蹈 Yeung	Yin Yoga (1) 陰瑜伽 Daisy 18:40 - 19:40		Hatha Yoga (1) 哈達瑜伽 Tanny		
19:00		**Muay Thai (LV2) 泰拳中級班 19:15 - 20:30		**Muay Thai (LV2) 泰拳中級班 19:15 - 20:30	**Muay Thai (LV2) 泰拳中級班 19:15 - 20:30		Muay Thai (LV1) 泰拳初級班
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Core (1-2) 核心瑜伽 Andrea*	Yin Yoga (1) 陰瑜伽 Andrea	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga (1) 哈達瑜伽 Daisy 19:40 - 20:40	Hot Stretch (1) 高溫伸展 Kimmy	K-pop (1) 韓國流行舞蹈 Jasmine		
20:00							
20:30	Muay Thai (LV1) 泰拳初級班 / Hot Stretch (1) 高溫伸展 Katherine 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Funky Dance (1) 放克舞 Suki 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Tai Chi 太極 Mark 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Hot Slim (1-2) 高溫瘦身 Kimmy 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Dance Stretch (1) 舞蹈伸展 Jasmine 20:40 - 21:40		
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：2612 0549

7 月份課程時間表 (FAC 荃灣店)  
Class Schedule JUL (FAC Tsuen Wan)



Time/Date	17/07/2017, Mon	18/07/2017, Tue	19/07/2017, Wed	20/07/2017, Thu	21/07/2017, Fri	22/07/2017, Sat	23/07/2017, Sun
07:00				Morning Yoga (1) 早晨瑜伽 Wing C 07:15 - 08:15			
07:30							
08:00							
08:30				Yoga Stretch (1) 伸展瑜伽 Wing C			
09:00		Tai Chi 太極 Mark					
09:30							
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		Pilates Mat Work 墊上彼拉提斯 (1) Keyne 10:10 - 11:10
10:30						Muay Thai (LV1) 泰拳初級班	
11:00	Hatha Yoga (1-2) 哈達瑜伽 PW						Muay Thai (LV1) 泰拳初級班
11:30			Muay Thai (Parent-child class) 泰拳親子班			Yin Yoga (1) 陰瑜伽 Andrea	
12:00						**Muay Thai (LV2) 泰拳中級班 12:00 - 13:15	
12:30	Yin Yoga (1) 陰瑜伽 PW / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Equipment Pilates 器械彼拉提斯 (1-2) Keyne / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Power Lunch (1) 午餐瑜伽 Tanny 12:45 - 13:30 / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Zumba Fitness 森巴健身 Tracy / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Hot Detox (1-2) 高溫排毒 Pearl / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Hot Stretch (1) 高溫伸展 Andrea 12:40 - 13:40	Muay Thai (Parent-child class) 泰拳親子班
13:00	XT45 13:00 - 13:45	XT45 13:00 - 13:45	XT45 13:00 - 13:45	XT45 13:00 - 13:45	XT45 13:00 - 13:45		Power Yoga (2) 力量瑜伽 Ken
13:30							**Muay Thai (LV2) 泰拳中級班 13:45 - 15:00
14:00	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	Muay Thai (LV1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 (1) Jennifer C 14:20 - 15:20	Yoga Basic (1) 基礎瑜伽 Ken 14:20 - 15:20
14:30							
15:00							
15:30						Bro Yoga (1-2) 男士瑜伽 Jennifer C / Boxing (LV1) 西洋拳初級班	
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 - 19:30	Funky Muay Thai (1) 放克泰拳 Fung 18:15 - 19:00	**Muay Thai (LV2) 泰拳中級班 18:15 - 19:30	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15			
18:30	Yoga Stretch (1) 伸展瑜伽 Chloe S	K-pop (1) 韓國流行舞蹈 Yeung	Yin Yoga (1) 陰瑜伽 Daisy 18:40 - 19:40		Hatha Yoga (1) 哈達瑜伽 Tanny / Mixed Martial Arts 綜合格鬥 Fung		
19:00		**Muay Thai (LV2) 泰拳中級班 19:15 - 20:30		**Muay Thai (LV2) 泰拳中級班 19:15 - 20:30	**Muay Thai (LV2) 泰拳中級班 19:15 - 20:30		Muay Thai (LV1) 泰拳初級班
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Core (1-2) 核心瑜伽 Chloe S	Yin Yoga (1) 陰瑜伽 Andrea	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga (1) 哈達瑜伽 Daisy 19:40 - 20:40	Hot Stretch (1) 高溫伸展 Kimmy	K-pop (1) 韓國流行舞蹈 Jasmine		
20:00							
20:30	Muay Thai (LV1) 泰拳初級班 / Hot Stretch (1) 高溫伸展 Katherine 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Funky Dance (1) 放克舞 Suki 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Tai Chi 太極 Mark 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Hot Slim (1-2) 高溫瘦身 Kimmy 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Dance Stretch (1) 舞蹈伸展 Jasmine 20:40 - 21:40		
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：2612 0549

7 月份課程時間表 (FAC 荃灣店)  
Class Schedule JUL (FAC Tsuen Wan)



Time/Date	24/07/2017, Mon	25/07/2017, Tue	26/07/2017, Wed	27/07/2017, Thu	28/07/2017, Fri	29/07/2017, Sat	30/07/2017, Sun
07:00				Morning Yoga (1) 早晨瑜伽 Wing C 07:15 - 08:15			
07:30							
08:00							
08:30				Yoga Stretch (1) 伸展瑜伽 Wing C			
09:00		Tai Chi 太極 Mark					
09:30							
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		Pilates Mat Work 墊上彼拉提斯 (1) Keyne 10:10 - 11:10
10:30						Muay Thai (LV1) 泰拳初級班	
11:00	Hatha Yoga (1-2) 哈達瑜伽 PW						Muay Thai (LV1) 泰拳初級班
11:30			Muay Thai (Parent-child class) 泰拳親子班			Yin Yoga (1) 陰瑜伽 Andrea	
12:00						**Muay Thai (LV2) 泰拳中級班 12:00 - 13:15	
12:30	Yin Yoga (1) 陰瑜伽 PW / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Equipment Pilates 器械彼拉提斯 (1-2) Keyne / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Power Lunch (1) 午餐瑜伽 Jo Chan* 12:45 - 13:30 / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Zumba Fitness 森巴健身 Tracy / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Hot Detox (1-2) 高溫排毒 Naomi* / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45	Hot Stretch (1) 高溫伸展 Andrea 12:40 - 13:40	Muay Thai (Parent-child class) 泰拳親子班
13:00	XT45 13:00 - 13:45	XT45 13:00 - 13:45	XT45 13:00 - 13:45	XT45 13:00 - 13:45	XT45 13:00 - 13:45		Power Yoga (2) 力量瑜伽 Ken
13:30							**Muay Thai (LV2) 泰拳中級班 13:45 - 15:00
14:00	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	Muay Thai (LV1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 (1) Calvin* 14:20 - 15:20	Yoga Basic (1) 基礎瑜伽 Ken 14:20 - 15:20
14:30							
15:00							
15:30						Bro Yoga (1-2) 男士瑜伽 Calvin* / Boxing (LV1) 西洋拳初級班	
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 - 19:30	Funky Muay Thai (1) 放克泰拳 Fung 18:15 - 19:00	**Muay Thai (LV2) 泰拳中級班 18:15 - 19:30	Muay Thai (LV1) 泰拳初級班 18:15 - 19:15			
18:30	Yoga Stretch (1) 伸展瑜伽 Chloe S	K-pop (1) 韓國流行舞蹈 Yeung	Yin Yoga (1) 陰瑜伽 PW* 18:40 - 19:40		Hatha Yoga (1) 哈達瑜伽 Melody* / Mixed Martial Arts 綜合格鬥 Fung		
19:00		**Muay Thai (LV2) 泰拳中級班 19:15 - 20:30		**Muay Thai (LV2) 泰拳中級班 19:15 - 20:30	**Muay Thai (LV2) 泰拳中級班 19:15 - 20:30		Muay Thai (LV1) 泰拳初級班
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Core (1-2) 核心瑜伽 Chloe S	Yin Yoga (1) 陰瑜伽 Andrea	Muay Thai (LV1) 泰拳初級班 / Hatha Yoga (1) 哈達瑜伽 PW* 19:40 - 20:40	Hot Stretch (1) 高溫伸展 Kimmy	K-pop (1) 韓國流行舞蹈 Jasmine		
20:00							
20:30	Muay Thai (LV1) 泰拳初級班 / Hot Stretch (1) 高溫伸展 Isabel S* 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Funky Dance (1) 放克舞 Suki 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Tai Chi 太極 Mark 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Hot Slim (1-2) 高溫瘦身 Kimmy 20:40 - 21:40	Muay Thai (LV1) 泰拳初級班 / Dance Stretch (1) 舞蹈伸展 Jasmine 20:40 - 21:40		
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：2612 0549

Time/Date	31/07/2017, Mon					
07:00						
07:30						
08:00						
08:30						
09:00						
09:30						
10:00	Muay Thai (LV1) 泰拳初級班					
10:30						
11:00	Hatha Yoga (1-2) 哈達瑜伽 PW					
11:30						
12:00						
12:30	Yin Yoga (1) 陰瑜伽 PW / Muay Thai (LV1) 泰拳初級班 12:45 - 13:45					
13:00	XT45 13:00 - 13:45					
13:30						
14:00	Muay Thai (LV1) 泰拳初級班					
14:30						
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17:30						
18:00	**Muay Thai (LV2) 泰拳中級班 18:15 - 19:30					
18:30	Yoga Stretch (1) 伸展瑜伽 Chloe S					
19:00						
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Core (1-2) 核心瑜伽 Chloe S					
20:00						
20:30	Muay Thai (LV1) 泰拳初級班 / Hot Stretch (1) 高溫伸展 Jo Chan* 20:40 - 21:40					
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)  
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