

泰拳課堂 Muay Thai Class

Time/Date						1/9/2018,Sat	2/9/2018,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	
11:00							Muay Thai (LV1) 泰拳初級班
11:30							
12:00						Muay Thai (LV2) 泰拳中級班	
12:30							
13:00							
13:30							Muay Thai (LV2) 泰拳中級班
14:00						Muay Thai (LV1) 泰拳初級班	
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班	
16:00							Muay Thai (LV1) 泰拳初級班
16:30							
17:00							
17:30						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
18:00							
18:30							
19:00							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 Dance and Yoga Class

Time/Date						1/9/2018,Sat	2/9/2018,Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							Yin Yoga 陰瑜伽 Wing C 10:15-11:15
10:30							
11:00							
11:30						Yoga Stretch 伸展瑜伽 Christina	
12:00							
12:30							
13:00							Power Yoga 力量瑜伽 Wing C
13:30							
14:00							
14:30							
15:00						Hot Yoga 高溫瑜伽 Sophia	Yoga Basic 基礎瑜伽 Wing C
15:30							
16:00							
16:30						Yoga Therapy 理療瑜伽 Sophia	
17:00							
17:30							Bolly Fit 寶萊塢瘦身舞 Jeet
18:00							
18:30							
19:00							Sexy Jazz 性感爵士舞 Jeet
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 (收費課堂需親臨分店繳交課堂費用)
電話：2612 0549

泰拳課堂 Muay Thai Class							
Time/Date	3/9/2018, Mon	4/9/2018, Tue	5/9/2018, Wed	6/9/2018, Thu	7/9/2018, Fri	8/9/2018, Sat	9/9/2018, Sun
7:00							
7:30							
8:00							
8:30							
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		
10:30						Muay Thai (LV1) 泰拳初級班	
11:00							Muay Thai (LV1) 泰拳初級班
11:30			Arnis 菲律賓魔杖 Eldad				
12:00						Muay Thai (LV2) 泰拳中級班	
12:30	Muay Thai (LV1) 泰拳初級班 12:45-13:4	Muay Thai (LV1) 泰拳初級班 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45		
13:00	**XT45 13:00-13:45 \$ 250/Person	**XT45 13:00-13:45 \$ 250/Person	Self-defense 以色列軍用搏擊術 Eldad	**XT45 13:00-13:45 \$ 250/Person	**XT45 13:00-13:45 \$ 250/Person		
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		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班	
16:00							Muay Thai (LV1) 泰拳初級班
16:30			Arnis 菲律賓魔杖 Eldad				
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							
19:00			Arnis 菲律賓魔杖 Eldad				Muay Thai (LV1) 泰拳初級班
19:30	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 (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班		
20:00							
20:30	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	Muay Thai (LV1) 泰拳初級班		
21:00							
21:30							

瑜伽及舞蹈課堂 Dance and Yoga Class							
Time/Date	3/9/2018, Mon	4/9/2018, Tue	5/9/2018, Wed	6/9/2018, Thu	7/9/2018, Fri	8/9/2018, Sat	9/9/2018, Sun
7:00							
7:30							
8:00							
8:30				Morning Yoga 早晨瑜伽 Christina			
9:00							
9:30							
10:00							Yin Yoga 陰瑜伽 Gaile 10:15-11:15
10:30							
11:00							
11:30	Hot Detox 高溫排毒 Wing C	Bollywood 寶萊塢舞蹈 Jeet		Yoga Stretch 伸展瑜伽 Christina	Yoga Basic 基礎瑜伽 JS Lee	Yoga Stretch 伸展瑜伽 Christina	
12:00							
12:30			Power Lunch 午餐瑜伽 JS Lee 12:45-13:30		Power Lunch 午餐瑜伽 JS Lee 12:45-13:30		
13:00	Yin Yoga 陰瑜伽 Esther	Pilates Mat Work 墊上彼拉提斯 Esther					Power Yoga 力量瑜伽 Gaile
13:30				Hatha Yoga 哈達瑜伽 Christina			
14:00			Capoeira Garic				
14:30							
15:00	Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Gentle Yoga 和緩瑜伽 JS Lee 15:15-16:15	Gentle Yoga 和緩瑜伽 Christina 15:15-16:15	Gentle Yoga 和緩瑜伽 JS Lee 15:15-16:15	Hot Yoga 高溫瑜伽 Gaile	Yoga Basic 基礎瑜伽 Gaile
15:30							
16:00							
16:30						Yoga Therapy 理療瑜伽 Gaile	
17:00							
17:30							Bolly Fit 寶萊塢瘦身舞 Jeet
18:00							
18:30	Yoga Stretch 伸展瑜伽 JS Lee		Hot Slim 高溫瘦身 Wing C	Hot Yoga 高溫瑜伽 Sophia	Hot Detox 高溫排毒 Gaile		
19:00							Indian Folk Dance 印度舞 Jeet
19:30	Hatha Yoga 哈達瑜伽 JS Lee 19:45-20:45	Yin Yoga 陰瑜伽 Esther	Yoga Therapy 理療瑜伽 Wing C 19:45-20:45	Yoga Stretch 伸展瑜伽 Sophia 19:45-20:45	Yoga Therapy 理療瑜伽 Gaile 19:45-20:45		
20:00							
20:30		Hatha Yoga 哈達瑜伽 Esther 20:45-21:45	Bolly Fit 寶萊塢瘦身舞 Jeet 20:45-21:45				
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 (收費課堂需親臨分店繳交課堂費用)
電話：2612 0549

泰拳課堂 Muay Thai Class

Time/Date	10/9/2018, Mon	11/9/2018, Tue	12/9/2018, Wed	13/9/2018, Thu	14/9/2018, Fri	15/9/2018, Sat	16/9/2018, Sun
7:00							
7:30							
8:00							
8:30							
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		
10:30						Muay Thai (LV1) 泰拳初級班	
11:00							Muay Thai (LV1) 泰拳初級班
11:30			Arnis 菲律賓魔杖 Eidad				
12:00						Muay Thai (LV2) 泰拳中級班	
12:30	Muay Thai (LV1) 泰拳初級班 12:45-13:4	Muay Thai (LV1) 泰拳初級班 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45		
13:00	**XT45 13:00-13:45 \$ 250/Person	**XT45 13:00-13:45 \$ 250/Person	Self-defense 以色列軍用搏擊術 Eidad	**XT45 13:00-13:45 \$ 250/Person	**XT45 13:00-13:45 \$ 250/Person		
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		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班	
16:00							Muay Thai (LV1) 泰拳初級班
16:30			Arnis 菲律賓魔杖 Eidad				
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							
19:00			Arnis 菲律賓魔杖 Eidad				Muay Thai (LV1) 泰拳初級班
19:30	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 (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班		
20:00							
20:30	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	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 (收費課堂需親臨分店繳交課堂費用)
電話：2612 0549

瑜伽及舞蹈課堂 Dance and Yoga Class

Time/Date	10/9/2018, Mon	11/9/2018, Tue	12/9/2018, Wed	13/9/2018, Thu	14/9/2018, Fri	15/9/2018, Sat	16/9/2018, Sun
7:00							
7:30							
8:00							
8:30				Morning Yoga 早晨瑜伽 Ringo Wong			
9:00							
9:30							
10:00							Yin Yoga 陰瑜伽 Gaile 10:15-11:15
10:30							
11:00							
11:30	Hot Detox 高溫排毒 Gaile	Bollywood 寶萊塢舞蹈 Jeet			Yoga Basic 基礎瑜伽 JS Lee	Yoga Stretch 伸展瑜伽 Christina	
12:00							
12:30			Power Lunch 午餐瑜伽 Ice 12:45-13:30		Power Lunch 午餐瑜伽 JS Lee 12:45-13:30		
13:00	Yin Yoga 陰瑜伽 Esther	Pilates Mat Work 墊上彼拉提斯 Esther					Power Yoga 力量瑜伽 Gaile
13:30				Yoga Stretch 伸展瑜伽 Christina			
14:00				Capoeira Garic			
14:30							
15:00	Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Gentle Yoga 和緩瑜伽 Ice 15:15-16:15	Gentle Yoga 和緩瑜伽 Christina 15:15-16:15	Gentle Yoga 和緩瑜伽 JS Lee 15:15-16:15	Hot Yoga 高溫瑜伽 Gaile	Yoga Basic 基礎瑜伽 Gaile
15:30							
16:00							
16:30						Yoga Therapy 理療瑜伽 Gaile	
17:00							
17:30							Bolly Fit 寶萊塢瘦身舞 Jeet
18:00							
18:30	Yoga Stretch 伸展瑜伽 JS Lee		Hot Slim 高溫瘦身 Sophia	Hot Yoga 高溫瑜伽 Gaile	Hot Detox 高溫排毒 Gaile		
19:00							Sexy Jazz 性感爵士舞 Jeet
19:30	Hatha Yoga 哈達瑜伽 JS Lee 19:45-20:45	Yin Yoga 陰瑜伽 Esther	Yoga Therapy 理療瑜伽 Sophia 19:45-20:45	Yoga Stretch 伸展瑜伽 Gaile 19:45-20:45	Yoga Therapy 理療瑜伽 Gaile 19:45-20:45		
20:00							
20:30		Hatha Yoga 哈達瑜伽 Esther 20:45-21:45	Bolly Fit 寶萊塢瘦身舞 Jeet 20:45-21:45				
21:00							
21:30							

泰拳課堂 Muay Thai Class

Time/Date	17/9/2018, Mon	18/9/2018, Tue	19/9/2018, Wed	20/9/2018, Thu	21/9/2018, Fri	22/9/2018, Sat	23/9/2018, Sun
7:00							
7:30							
8:00							
8:30							
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		
10:30						Muay Thai (LV1) 泰拳初級班	
11:00							Muay Thai (LV1) 泰拳初級班
11:30			Arnis 菲律賓魔杖 Eidad				
12:00						Muay Thai (LV2) 泰拳中級班	
12:30	Muay Thai (LV1) 泰拳初級班 12:45-13:4	Muay Thai (LV1) 泰拳初級班 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45		
13:00	**XT45 13:00-13:45 \$ 250/Person	**XT45 13:00-13:45 \$ 250/Person	Self-defense 以色列軍用搏擊術 Eidad	**XT45 13:00-13:45 \$ 250/Person	**XT45 13:00-13:45 \$ 250/Person		
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		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班	
16:00							Muay Thai (LV1) 泰拳初級班
16:30			Arnis 菲律賓魔杖 Eidad				
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							
19:00			Arnis 菲律賓魔杖 Eidad				Muay Thai (LV1) 泰拳初級班
19:30	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 (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班		
20:00							
20:30	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	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 (收費課堂需親臨分店繳交課堂費用)
電話：2612 0549

瑜伽及舞蹈課堂 Dance and Yoga Class

Time/Date	17/9/2018, Mon	18/9/2018, Tue	19/9/2018, Wed	20/9/2018, Thu	21/9/2018, Fri	22/9/2018, Sat	23/9/2018, Sun
7:00							
7:30							
8:00							
8:30				Morning Yoga 早晨瑜伽 Ringo Wong			
9:00							
9:30							
10:00							Yin Yoga 陰瑜伽 Angela 10:15-11:15
10:30							
11:00							
11:30	Hot Detox 高溫排毒 Gaile	Bollywood 寶萊塢舞蹈 Jeet			Yoga Basic 基礎瑜伽 Ringo Wong	Yoga Stretch 伸展瑜伽 Christina	
12:00							
12:30			Power Lunch 午餐瑜伽 JS Lee 12:45-13:30		Power Lunch 午餐瑜伽 Ringo Wong 12:45-13:30		
13:00	Yin Yoga 陰瑜伽 Esther	Pilates Mat Work 墊上彼拉提斯 Esther					Power Yoga 力量瑜伽 Angela
13:30				Yoga Stretch 伸展瑜伽 Christina			
14:00			Capoeira Garic				
14:30							
15:00	Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Gentle Yoga 和緩瑜伽 JS Lee 15:15-16:15	Gentle Yoga 和緩瑜伽 Christina 15:15-16:15	Gentle Yoga 和緩瑜伽 JS Lee 15:15-16:15	Hot Yoga 高溫瑜伽 JS Lee	Yoga Basic 基礎瑜伽 Angela
15:30							
16:00							
16:30						Yoga Therapy 理療瑜伽 JS Lee	
17:00							
17:30							Bolly Fit 寶萊塢瘦身舞 Jeet
18:00							
18:30	Yoga Stretch 伸展瑜伽 Gaile		Hot Slim 高溫瘦身 JS Lee	Hot Yoga 高溫瑜伽 Sophia	Hot Detox 高溫排毒 Gaile		
19:00							Indian Folk Dance 印度舞 Jeet
19:30	Hatha Yoga 哈達瑜伽 Gaile 19:45-20:45	Yin Yoga 陰瑜伽 Esther	Yoga Therapy 理療瑜伽 JS Lee 19:45-20:45	Yoga Stretch 伸展瑜伽 Sophia 19:45-20:45	Yoga Therapy 理療瑜伽 Gaile 19:45-20:45		
20:00							
20:30		Hatha Yoga 哈達瑜伽 Esther 20:45-21:45	Bolly Fit 寶萊塢瘦身舞 Jeet 20:45-21:45				
21:00							
21:30							

泰拳課堂 Muay Thai Class

Time/Date	24/9/2018, Mon	25/9/2018, Tue	26/9/2018, Wed	27/9/2018, Thu	28/9/2018, Fri	29/9/2018, Sat	30/9/2018, Sun
7:00							
7:30							
8:00							
8:30							
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						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
11:30			Arnis 菲律賓魔杖 Eldad				
12:00						Muay Thai (LV2) 泰拳中級班	
12:30	Muay Thai (LV1) 泰拳初級班 12:45-13:4		Muay Thai (LV1) 泰拳初級班 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45		
13:00	**XT45 13:00-13:45 \$ 250/Person		Self-defense 以色列軍用搏擊術 Eldad	**XT45 13:00-13:45 \$ 250/Person	**XT45 13:00-13:45 \$ 250/Person		
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			Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班	
16:00		Muay Thai (LV1) 泰拳初級班					Muay Thai (LV1) 泰拳初級班
16:30			Arnis 菲律賓魔杖 Eldad				
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	**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							
19:00		Muay Thai (LV1) 泰拳初級班	Arnis 菲律賓魔杖 Eldad				Muay Thai (LV1) 泰拳初級班
19:30	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班		
20:00							
20:30	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		
21:00							
21:30							

瑜伽及舞蹈課堂 Dance and Yoga Class

Time/Date	24/9/2018, Mon	25/9/2018, Tue	26/9/2018, Wed	27/9/2018, Thu	28/9/2018, Fri	29/9/2018, Sat	30/9/2018, Sun
7:00							
7:30							
8:00							
8:30				Morning Yoga 早晨瑜伽 Ringo Wong			
9:00							
9:30							
10:00							Yin Yoga 陰瑜伽 Gaile 10:15-11:15
10:30							
11:00							
11:30	Hot Detox 高溫排毒 Gaile	Bollywood 寶萊塢舞蹈 Jeet			Yoga Basic 基礎瑜伽 JS Lee	Yoga Stretch 伸展瑜伽 Christina	
12:00							
12:30				Power Lunch 午餐瑜伽 JS Lee 12:45-13:30		Power Lunch 午餐瑜伽 JS Lee 12:45-13:30	
13:00	Yin Yoga 陰瑜伽 Esther	Pilates Mat Work 墊上彼拉提斯 Esther					Power Yoga 力量瑜伽 Gaile
13:30				Yoga Stretch 伸展瑜伽 Christina			
14:00							
14:30				Capoeira Garic			
15:00	Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Gentle Yoga 和緩瑜伽 JS Lee 15:15-16:15	Gentle Yoga 和緩瑜伽 Christina 15:15-16:15	Gentle Yoga 和緩瑜伽 JS Lee 15:15-16:15	Hot Yoga 高溫瑜伽 Gaile	Yoga Basic 基礎瑜伽 Gaile
15:30							
16:00							
16:30						Yoga Therapy 理療瑜伽 Gaile	
17:00							
17:30							Bolly Fit 寶萊塢瘦身舞 Jeet
18:00							
18:30	Yoga Stretch 伸展瑜伽 Christina		Hot Slim 高溫瘦身 JS Lee	Hot Yoga 高溫瑜伽 Gaile	Hot Detox 高溫排毒 Gaile		
19:00							Sexy Jazz 性感爵士舞 Jeet
19:30	Hatha Yoga 哈達瑜伽 Christina 19:45-20:45	Yin Yoga 陰瑜伽 Esther	Yoga Therapy 理療瑜伽 JS Lee 19:45-20:45	Yoga Stretch 伸展瑜伽 Gaile 19:45-20:45	Yoga Therapy 理療瑜伽 Gaile 19:45-20:45		
20:00							
20:30		Hatha Yoga 哈達瑜伽 Esther 20:45-21:45	Bolly Fit 寶萊塢瘦身舞 Jeet 20:45-21:45				
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 (收費課堂需親臨分店繳交課堂費用)
電話：2612 0549