

泰拳課堂 Muay Thai Class

Time/Date	1/1/2019,Tue	2/1/2019,Wed	3/1/2019,Thu	4/1/2019,Fri	5/1/2019,Sat	6/1/2019,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	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
11:30						
12:00					Muay Thai (LV2) 泰拳中級班	
12:30		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		
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	
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						
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						
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	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		
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 (進階課程需親臨分店繳交課堂費用)  
電話：2116 3363

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	1/1/2019,Tue	2/1/2019,Wed	3/1/2019,Thu	4/1/2019,Fri	5/1/2019,Sat	6/1/2019,Sun
7:00						
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						
10:30						
11:00						
11:30				Yoga Basic 基礎瑜伽 Js Lee	Yoga Basic 基礎瑜伽 Alex Pang	Yoga Stretch 伸展瑜伽 Js Lee
12:00		Bollywood 寶萊塢舞蹈 Jeet				
12:30				**Power Lunch 午餐瑜伽 Alex Pang 12:45-13:30		
13:00		**Power Lunch 午餐瑜伽 Fanny Lee 13:00-13:45	**Power Lunch 午餐瑜伽 Js Lee 13:00-13:45			
13:30						Power Yoga 力量瑜伽 Js Lee
14:00				Capoeira Garic		
14:30						
15:00				Gentle Yoga 和緩瑜伽 Js Lee 15:15-16:15		Hatha Yoga 哈達瑜伽 Js Lee
15:30				Detox Yoga 排毒瑜伽 Js Lee		Yin Yoga 陰瑜伽 Js Lee
16:00						
16:30					Yoga Therapy 治療瑜伽 Js Lee	
17:00						
17:30						K-pop 韓國流行舞蹈 Scott Choi
18:00						
18:30		Yin Yoga 陰瑜伽 Ringo Wong	Yoga Wheel Basic 初級瑜伽輪 Fanny Lee	Hatha Yoga 哈達瑜伽 Js Lee	Hatha Yoga 哈達瑜伽 Trista	Detox Yoga 排毒瑜伽 Js Lee
19:00						Megadanz 熱力勁舞 Carl
19:30		Hatha Yoga 哈達瑜伽 Ringo Wong 19:45-20:45	Vinyasa 流動瑜伽 Fanny Lee 19:45-20:45	Yoga Stretch 伸展瑜伽 Js Lee 19:45-20:45	Power Yoga 力量瑜伽 Trista 19:45-20:45	
20:00						
20:30						
21:00					Yoga Wheel Basic 初級瑜伽輪 Trista	
21:30		Bolly Fit 寶萊塢舞蹈 Jeet				

泰拳課堂 Muay Thai Class

Time/Date	7/1/2019, Mon	8/1/2019, Tue	9/1/2019, Wed	10/1/2019, Thu	11/1/2019, Fri	12/1/2019, Sat	13/1/2019, 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	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
11:30							
12:00						Muay Thai (LV2) 泰拳中級班	
12:30			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		
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	
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					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			
18:30							
19:00							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 (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		
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	7/1/2019, Mon	8/1/2019, Tue	9/1/2019, Wed	10/1/2019, Thu	11/1/2019, Fri	12/1/2019, Sat	13/1/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30				Yoga Basic 基礎瑜伽 Trista	Yoga Basic 基礎瑜伽 Alex Pang	Yoga Stretch 伸展瑜伽 Gaile	
12:00							
12:30					**Power Lunch 午餐瑜伽 Alex Pang 12:45-13:30		
13:00			**Power Lunch 午餐瑜伽 Js Lee 13:00-13:45				
13:30							Power Yoga 力量瑜伽 Carol Tai
14:00				Capoeira Garic			
14:30							
15:00				Detox Yoga 排毒瑜伽 Angela 15:15-16:15		Pilates Mat Work 墊上彼拉提斯 Carol Tai	Yoga Wheel Basic 初級瑜伽輪 Carol Tai
15:30			Detox Yoga 排毒瑜伽 Js Lee				
16:00							
16:30						Yoga Therapy 理療瑜伽 Carol Tai	
17:00							
17:30							Bolly Fit 寶萊塢舞蹈 Jeet
18:00							
18:30			Yoga Wheel Basic 初級瑜伽輪 Gaile	Hatha Yoga 哈達瑜伽 Carol Tai	Hatha Yoga 哈達瑜伽 Gaile	Detox Yoga 排毒瑜伽 Emmatina	
19:00							Sexy Jazz 性感爵士舞 Jeet
19:30			Vinyasa 流動瑜伽 Fanny Lee 19:45-20:45	Yoga Stretch 伸展瑜伽 Carol Tai 19:45-20:45	Power Yoga 力量瑜伽 Gaile 19:45-20:45		
20:00							
20:30							
21:00			Bolly Fit 寶萊塢舞蹈 Jeet			Yoga Wheel Basic 初級瑜伽輪 Gaile	
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：2116 3363

泰拳課堂 Muay Thai Class

Time/Date	14/1/2019, Mon	15/1/2019, Tue	16/1/2019, Wed	17/1/2019, Thu	18/1/2019, Fri	19/1/2019, Sat	20/1/2019, 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	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	
11:00							Muay Thai (LV1) 泰拳初級班
11:30							
12:00						Muay Thai (LV2) 泰拳中級班	
12:30	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	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		**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							
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							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 Yoga and Dance Class

Time/Date	14/1/2019, Mon	15/1/2019, Tue	16/1/2019, Wed	17/1/2019, Thu	18/1/2019, Fri	19/1/2019, Sat	20/1/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30	Hatha Yoga 哈達瑜伽 Fanny Lee			Yoga Basic 基礎瑜伽 Js Lee	Yoga Basic 基礎瑜伽 Alex Pang	Yoga Stretch 伸展瑜伽 Gaile	
12:00		Bollywood 寶萊塢舞蹈 Jeet					
12:30					**Power Lunch 午餐瑜伽 Alex Pang 12:45-13:30		
13:00	Yin Yoga 陰瑜伽 Fanny Lee	**Power Lunch 午餐瑜伽 Fanny Lee 13:00-13:45	**Power Lunch 午餐瑜伽 Js Lee 13:00-13:45				
13:30							Power Yoga 力量瑜伽 Gaile
14:00			Capoeira Galic				
14:30							
15:00	Gentle Yoga 和緩瑜伽 Fanny Lee 15:15-16:15			Detox Yoga 排毒瑜伽 Js Lee 15:15-16:15		Pilates Mat Work 墊上彼拉提斯 Gaile	Yoga Wheel Basic 初級瑜伽輪 Gaile
15:30				Detox Yoga 排毒瑜伽 Js Lee			
16:00							
16:30						Yoga Therapy 理療瑜伽 Gaile	
17:00							
17:30							Bolly Fit 寶萊塢舞蹈 Jeet
18:00							
18:30	Yoga Stretch 伸展瑜伽 Flora	Yin Yoga 陰瑜伽 Carol Tai	Yoga Wheel Basic 初級瑜伽輪 Gaile	Hatha Yoga 哈達瑜伽 Js Lee	Hatha Yoga 哈達瑜伽 Gaile	Yoga Core 核心瑜伽 Emmatina	
19:00							Indian Folk Dance 印度舞 Jeet
19:30	Flow Yoga 流動瑜伽 Flora 19:45-20:45	Hatha Yoga 哈達瑜伽 Emmatina 19:45-20:45	Vinyasa 流動瑜伽 Fanny Lee 19:45-20:45	Yoga Stretch 伸展瑜伽 Js Lee 19:45-20:45	Power Yoga 力量瑜伽 Gaile 19:45-20:45		
20:00							
20:30							
21:00							
21:30			Bolly Fit 寶萊塢舞蹈 Jeet		Yoga Wheel Basic 初級瑜伽輪 Gaile		

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：2116 3363

1月份課程時間表 (FAC 荃灣店)  
Class Schedule Jan (FAC Tsuen Wan)



泰拳課堂 Muay Thai Class							
Time/Date	21/1/2019, Mon	22/1/2019, Tue	23/1/2019, Wed	24/1/2019, Thu	25/1/2019, Fri	26/1/2019, Sat	27/1/2019, 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	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	
11:00							Muay Thai (LV1) 泰拳初級班
11:30							
12:00						Muay Thai (LV2) 泰拳中級班	
12:30	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	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	**XT45 13:00-13:45 \$ 250/Person	**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							
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							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 (進階課堂需親臨分店繳交課堂費用)  
電話：2116 3363

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	21/1/2019, Mon	22/1/2019, Tue	23/1/2019, Wed	24/1/2019, Thu	25/1/2019, Fri	26/1/2019, Sat	27/1/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30	Hatha Yoga 哈達瑜伽 Fanny Lee			Yoga Basic 基礎瑜伽 Js Lee	Yoga Basic 基礎瑜伽 Alex Pang	Yoga Stretch 伸展瑜伽 Gaile	
12:00		Bollywood 寶萊塢舞蹈 Jeet					
12:30					**Power Lunch 午餐瑜伽 Alex Pang 12:45-13:30		
13:00	Yin Yoga 陰瑜伽 Fanny Lee	Yoga Basic 基礎瑜伽 Fanny Lee	**Power Lunch 午餐瑜伽 Js Lee 13:00-13:45				
13:30							Power Yoga 力量瑜伽 Gaile
14:00				Capoeira Garic			
14:30							
15:00	Gentle Yoga 和緩瑜伽 Fanny Lee 15:15-16:15			Detox Yoga 排毒瑜伽 Js Lee 15:15-16:15		Pilates Mat Work 墊上彼拉提斯 Gaile	Yoga Wheel Basic 初級瑜伽輪 Gaile
15:30				Detox Yoga 排毒瑜伽 Js Lee			
16:00							
16:30						Yoga Therapy 理療瑜伽 Gaile	
17:00							
17:30							Bolly Fit 寶萊塢舞蹈 Jeet
18:00							
18:30	Yoga Stretch 伸展瑜伽 Gaile	Yin Yoga 陰瑜伽 Carol Tai	Yoga Wheel Basic 初級瑜伽輪 Gaile	Hatha Yoga 哈達瑜伽 Js Lee	Hatha Yoga 哈達瑜伽 Gaile	Detox Yoga 排毒瑜伽 Emmatina	
19:00							Sexy Jazz 性感爵士舞 Jeet
19:30	Flow Yoga 流瑜伽 Gaile 19:45-20:45	Hatha Yoga 哈達瑜伽 Emmatina 19:45-20:45	Vinyasa 流動瑜伽 Fanny Lee 19:45-20:45	Yoga Stretch 伸展瑜伽 Js Lee 19:45-20:45	Power Yoga 力量瑜伽 Gaile 19:45-20:45		
20:00							
20:30							
21:00						Bolly Fit 寶萊塢舞蹈 Jeet	Yoga Wheel Basic 初級瑜伽輪 Gaile
21:30							

泰拳課堂 Muay Thai Class

Time/Date	28/1/2019, Mon	29/1/2019, Tue	30/1/2019, Wed	31/1/2019, Thu			
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	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
11:00							
11:30							
12:00							
12:30	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		**XT45 13:00-13:45 \$ 250/Person			
13:30							
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			
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							
19:00							
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			
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							

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：2116 3363

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	28/1/2019, Mon	29/1/2019, Tue	30/1/2019, Wed	31/1/2019, Thu			
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30	Hatha Yoga 哈達瑜伽 Fanny Lee			Yoga Basic 基礎瑜伽 Js Lee			
12:00		Bollywood 寶萊塢舞蹈 Jeet					
12:30							
13:00	Yin Yoga 陰瑜伽 Fanny Lee	**Power Lunch 午餐瑜伽 Fanny Lee 13:00-13:45	**Power Lunch 午餐瑜伽 Js Lee 13:00-13:45				
13:30							
14:00			Capoeira Garic				
14:30							
15:00	Gentle Yoga 和緩瑜伽 Fanny Lee 15:15-16:15			Detox Yoga 排毒瑜伽 Js Lee 15:15-16:15			
15:30			Detox Yoga 排毒瑜伽 Js Lee				
16:00							
16:30							
17:00							
17:30							
18:00							
18:30	Yoga Stretch 伸展瑜伽 Gaile	Yin Yoga 陰瑜伽 Carol Tai	Yoga Wheel Basic 初級瑜伽輪 Gaile	Hatha Yoga 哈達瑜伽 Js Lee			
19:00							
19:30	Flow Yoga 流瑜伽 Gaile 19:45-20:45	Hatha Yoga 哈達瑜伽 Emmatina 19:45-20:45	Vinyasa 流動瑜伽 Fanny Lee 19:45-20:45	Yoga Stretch 伸展瑜伽 Js Lee 19:45-20:45			
20:00							
20:30							
21:00			Bolly Fit 寶萊塢舞蹈 Jeet				
21:30							