

泰拳課堂 Muay Thai Class							
Time/Date	1/10/2018, Mon	2/10/2018, Tue	3/10/2018, Wed	4/10/2018, Thu	5/10/2018, Fri	6/10/2018, Sat	7/10/2018, 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 12:45-13:45	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	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			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		**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 (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		
21:00							
21:30							

瑜伽及舞蹈課堂 Dance and Yoga Class							
Time/Date	1/10/2018, Mon	2/10/2018, Tue	3/10/2018, Wed	4/10/2018, Thu	5/10/2018, Fri	6/10/2018, Sat	7/10/2018, Sun
7:00							
7:30							
8:00							
8:30				Morning Yoga 早晨瑜伽 Alex Pang			
9:00							
9:30							
10:00							Yin Yoga 陰瑜伽 Angela 10:15-11:15
10:30							
11:00							
11:30	Hatha Yoga 哈達瑜伽 Esther	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		
13:00	Yin Yoga 陰瑜伽 Esther	Pilates Mat Work 墊上彼拉提斯 Christina	Power Lunch 午餐瑜伽 JS Lee 13:00-13:45				Power Yoga 力量瑜伽 Angela
13:30							
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 Christina 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 Sophia 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 Angela
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 Esther	Metro Yoga Breath & Relax Muraii	Hot Slim 高溫瘦身 JS Lee	Hot Yoga 高溫瑜伽 Sophia	Hatha Yoga 哈達瑜伽 JS Lee		
19:00							Indian Folk Dance 印度舞 Jeet
19:30	Hot Detox 高溫排毒 Gaile 19:45-20:45	Yin Yoga 陰瑜伽 Christina 19:45-20:45	Yoga Therapy 理療瑜伽 JS Lee 19:45-20:45	Yoga Stretch 伸展瑜伽 Sophia 19:45-20:45	Hot Detox 高溫排毒 Alex Pang 19:45-20:45		
20:00							
20:30		Hatha Yoga 哈達瑜伽 Christina 20:45-21:45	Bolly Fit 寶萊塢瘦身舞 Jeet 20:45-21:45				
21:00				Gentle Yoga 和緩瑜伽 Sophia	Yoga Therapy 理療瑜伽 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 (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	8/10/2018, Mon	9/10/2018, Tue	10/10/2018, Wed	11/10/2018, Thu	12/10/2018, Fri	13/10/2018, Sat	14/10/2018, 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	8/10/2018, Mon	9/10/2018, Tue	10/10/2018, Wed	11/10/2018, Thu	12/10/2018, Fri	13/10/2018, Sat	14/10/2018, 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	Hatha Yoga 哈達瑜伽 Esther	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		
13:00	Yin Yoga 陰瑜伽 Esther	Pilates Mat Work 墊上彼拉提斯 Christina	Power Lunch 午餐瑜伽 JS Lee 13:00-13:45				Power Yoga 力量瑜伽 Gaile
13:30							
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 Christina 15:15-16:15	Detox Yoga 排毒瑜伽 JS Lee 15:15-16:15	Yin Yoga 陰瑜伽 JS Lee 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							
18:00							
18:30	Yoga Stretch 伸展瑜伽 Esther		Hot Slim 高溫瘦身 Gaile	Hot Yoga 高溫瑜伽 Gaile	Hatha Yoga 哈達瑜伽 JS Lee		
19:00							
19:30	Hot Detox 高溫排毒 Gaile 19:45-20:45	Yin Yoga 陰瑜伽 Christina 19:45-20:45	Yoga Therapy 理療瑜伽 Gaile 19:45-20:45	Yoga Stretch 伸展瑜伽 Gaile 19:45-20:45	Hot Detox 高溫排毒 Gaile 19:45-20:45		
20:00							
20:30		Hatha Yoga 哈達瑜伽 Christina 20:45-21:45	Bolly Fit 寶萊塢瘦身舞 Jeet 20:45-21:45				
21:00				Metro Yoga Yoga Move Murali	Yoga Therapy 理療瑜伽 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 (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	15/10/2018, Mon	16/10/2018, Tue	17/10/2018, Wed	18/10/2018, Thu	19/10/2018, Fri	20/10/2018, Sat	21/10/2018, 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 Arnis 菲律賓魔杖 Eldad				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 12:45-13:4	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	**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	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 Arnis 菲律賓魔杖 Eldad				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	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 (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 (LV2) 泰拳中級班		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	15/10/2018, Mon	16/10/2018, Tue	17/10/2018, Wed	18/10/2018, Thu	19/10/2018, Fri	20/10/2018, Sat	21/10/2018, 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	Hatha Yoga 哈達瑜伽 Esther				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		
13:00	Yin Yoga 陰瑜伽 Esther	Pilates Mat Work 墊上彼拉提斯 Christina	Power Lunch 午餐瑜伽 JS Lee 13:00-13:45				Power Yoga 力量瑜伽 Gaile
13:30							
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 Christina 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 Sophia 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							
18:00							
18:30	Yoga Stretch 伸展瑜伽 Esther		Hot Slim 高溫瘦身 Gaile	Hot Yoga 高溫瑜伽 Sophia	Hatha Yoga 哈達瑜伽 JS Lee		
19:00							
19:30	Hot Detox 高溫排毒 Gaile 19:45-20:45	Yin Yoga 陰瑜伽 Christina 19:45-20:45	Yoga Therapy 理療瑜伽 Gaile 19:45-20:45	Yoga Stretch 伸展瑜伽 Sophia 19:45-20:45	Hot Detox 高溫排毒 Gaile 19:45-20:45		
20:00							
20:30			Hatha Yoga 哈達瑜伽 Christina 20:45-21:45				
21:00				Gentle Yoga 和緩瑜伽 Sophia	Metro Yoga Inversion & Arm Balance Murali		
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	22/10/2018, Mon	23/10/2018, Tue	24/10/2018, Wed	25/10/2018, Thu	26/10/2018, Fri	27/10/2018, Sat	28/10/2018, 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							

瑜伽及舞蹈課堂 Dance and Yoga Class

Time/Date	22/10/2018, Mon	23/10/2018, Tue	24/10/2018, Wed	25/10/2018, Thu	26/10/2018, Fri	27/10/2018, Sat	28/10/2018, 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	Hatha Yoga 哈達瑜伽 Esther				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		
13:00	Yin Yoga 陰瑜伽 Esther	Pilates Mat Work 墊上彼拉提斯 Esther	Power Lunch 午餐瑜伽 JS Lee 13:00-13:45				Power Yoga 力量瑜伽 Gaile
13:30							
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	Detox Yoga 排毒瑜伽 JS Lee 15:15-16:15	Yin Yoga 陰瑜伽 JS Lee 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							
18:00							
18:30	Yoga Stretch 伸展瑜伽 Esther		Hot Slim 高溫瘦身 Gaile	Hot Yoga 高溫瑜伽 Alex Pang	Hatha Yoga 哈達瑜伽 JS Lee		
19:00							
19:30	Metro Yoga Breath & Relax Murali 19:45-20:45	Yin Yoga 陰瑜伽 Esther 19:45-20:45	Yoga Therapy 理療瑜伽 Gaile 19:45-20:45	Yoga Stretch 伸展瑜伽 Alex Pang 19:45-20:45	Hot Detox 高溫排毒 Gaile 19:45-20:45		
20:00							
20:30		Hatha Yoga 哈達瑜伽 Esther 20:45-21:45					
21:00					Gentle Yoga 和緩瑜伽 Ruby Wong	Yoga Therapy 理療瑜伽 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 (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	29/10/2018, Mon	30/10/2018,Tue	31/10/2018,Wed				
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				
10:30							
11:00							
11:30							
12:00							
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				
13:00	**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					
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				
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				
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 Dance and Yoga Class

Time/Date	29/10/2018, Mon	30/10/2018,Tue	31/10/2018,Wed				
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 Esther						
12:00							
12:30							
13:00	Yin Yoga 陰瑜伽 Esther	Pilates Mat Work 墊上彼拉提斯 Christina	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 Esther 15:15-16:15	Gentle Yoga 和緩瑜伽 Christina 15:15-16:15	Detox Yoga 排毒瑜伽 JS Lee 15:15-16:15				
15:30							
16:00							
16:30							
17:00							
17:30							
18:00							
18:30	Yoga Stretch 伸展瑜伽 Esther		Hot Slim 高溫瘦身 JS Lee				
19:00							
19:30	Hot Detox 高溫排毒 Galle 19:45-20:45	Metro Dance Jass Funk Yola 19:45-20:45	Yoga Therapy 理療瑜伽 JS Lee 19:45-20:45				
20:00							
20:30		Hatha Yoga 哈達瑜伽 Christina 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