

Oct 1

10月份課程時間表 (FAC 荃灣店)  
Class Schedule Oct (FAC Tsuen Wan)



01/10/2017, Sun

Time/Date							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							Pilates Mat Work 墊上彼拉提斯 Keyne 10:10-11:10
10:30							
11:00							Muay Thai (LV1) 泰拳初級班
11:30							
12:00							
12:30							
13:00							Power Yoga (2) 力量瑜伽 Ken
13:30							Muay Thai (LV2) 泰拳中級班
14:00							
14:30							Yoga Basic (1) 基礎瑜伽 Ken 14:20-15:20
15:00							
15:30							
16:00							Muay Thai (LV1) 泰拳初級班
16:30							
17:00							
17:30							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							

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

10月份課程時間表 (FAC 荃灣店)  
Class Schedule Oct (FAC Tsuen Wan)



Time/Date	02/10/2017, Mon	03/10/2017, Tue	04/10/2017, Wed	05/10/2017, Thu	06/10/2017, Fri	07/10/2017, Sat	08/10/2017, Sun
7:00							
7:30							
8:00							
8:30							
9:00		Tai Chi 太極 Mark					
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		Pilates Mat Work 墊上彼拉提斯 Keyne 10:10-11:10
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			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	
12:30		Equipment Pilates 器械彼拉提斯 Keyne	Power Lunch (1) **午餐瑜伽 Wing C* 12:45-13:30	Zumba Fitness 森巴健身 Tracy	Hot Detox (1-2) 高溫排毒 Pearl 12:45-13:45	Hot Stretch (1) 高溫伸展 Andrea 12:45-13:45	
13:00	Hatha Yoga (1-2) 哈達瑜伽 Emma*	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250		Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250		Power Yoga (2) 力量瑜伽 Ken
13:30	Muay Thai (LV2) 泰拳中級班			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	Hot Stretch (1) 高溫伸展 Kimmy* 14:20-15:20	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 (1) 基礎瑜伽 Ken 14:20-15:20
14:30							
15:00							
15:30	Hot Stretch (1) 高溫伸展 Emma*			Hot Slim (1-2) 高溫瘦身 Kimmy*		Boxing (LV1) 西洋拳初級班 / Bro Yoga (1-2) 男士瑜伽 Jennifer C	
16:00	Muay Thai (LV1) 泰拳初級班			Muay Thai (LV1) 泰拳初級班			Muay Thai (LV1) 泰拳初級班
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	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				
18:30		K-Pop (1) 韓國流行舞蹈 Yeung			Hatha Yoga (1) 哈達瑜伽 Tanny		
19:00	Muay Thai (LV1) 泰拳初級班			Muay Thai (LV1) 泰拳初級班			Muay Thai (LV1) 泰拳初級班
19:30		Muay Thai (LV2) 泰拳中級班 / Yin Yoga (1) 陰瑜伽 Andrea	Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班 / K-pop (1) 韓國流行舞蹈 Jasmine		
20:00							
20:30		Muay Thai (LV1) 泰拳初級班 / Funky Dance (1) 放克舞 Jasmine* 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 / 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：2478 9578

10月份課程時間表 (FAC 荃灣店)  
Class Schedule Oct (FAC Tsuen Wan)



Time/Date	09/10/2017, Mon	10/10/2017, Tue	11/10/2017, Wed	12/10/2017, Thu	13/10/2017, Fri	14/10/2017, Sat	15/10/2017, Sun
7:00							
7:30							
8:00							
8:30				Yoga Stretch (1) 伸展瑜伽 Wing C			
9:00		Tai Chi 太極 Mark					
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		Pilates Mat Work 墊上彼拉提斯 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	
12:30	Yin Yoga (1) 陰瑜伽 PW 12:45-13:45	Equipment Pilates 器械彼拉提斯 Keyne	Power Lunch (1) **午餐瑜伽 Wing C* 12:45-13:30	Zumba Fitness 森巴健身 Tracy	Hot Detox (1-2) 高溫排毒 Pearl 12:45-13:45	Hot Stretch (1) 高溫伸展 Andrea 12:45-13:45	
13:00	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250		Power Yoga (2) 力量瑜伽 Ken
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	Muay Thai (LV1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 Jennifer C 14:20-15:20	Yoga Basic (1) 基礎瑜伽 Ken 14:20-15:20
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班 / Bro Yoga (1-2) 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 (1) **放克泰拳 Fung 18:15-19:15 K-Pop (1) 韓國流行舞蹈 Yeung	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					Hatha Yoga (1) 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 Core (1-2) 核心瑜伽 Chloe S	Muay Thai (LV2) 泰拳中級班 / 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	Muay Thai (LV2) 泰拳中級班 / Hot Slim (1-2) 高溫瘦身 Kimmy	Muay Thai (LV2) 泰拳中級班 / K-pop (1) 韓國流行舞蹈 Jasmine		
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	Hot Stretch (1) 高溫伸展 Katherine 20:40-21:40	Funky Dance (1) 放克舞 Suki 20:40-21:40	Tai Chi 太極 Mark 20:40-21:40	Hot Stretch (1) 高溫伸展 Kimmy 20:40-21:40	Dance Stretch (1) 舞蹈伸展 Jasmine 20:40-21:40		
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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10月份課程時間表 (FAC 荃灣店)  
Class Schedule Oct (FAC Tsuen Wan)



Time/Date	16/10/2017, Mon	17/10/2017, Tue	18/10/2017, Wed	19/10/2017, Thu	20/10/2017, Fri	21/10/2017, Sat	22/10/2017, Sun
7:00							
7:30							
8:00							
8:30				Yoga Stretch (1) 伸展瑜伽 PW*			
9:00		Tai Chi 太極 Mark					
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		Pilates Mat Work 墊上彼拉提斯 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	
12:30	Yin Yoga (1) 陰瑜伽 PW 12:45-13:45	Equipment Pilates 器械彼拉提斯 Keyne	Power Lunch (1) **午餐瑜伽 Andrea* 12:45-13:30	Funky Dance (1) 放克舞 Jasmine*	Hot Detox (1-2) 高溫排毒 Pearl 12:45-13:45	Hot Stretch (1) 高溫伸展 Andrea 12:45-13:45	
13:00	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250		Power Yoga (2) 力量瑜伽 Ken
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	Muay Thai (LV1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 Jennifer C 14:20-15:20	Yoga Basic (1) 基礎瑜伽 Ken 14:20-15:20
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班 / Bro Yoga (1-2) 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 (1) **放克泰拳 Fung 18:15-19:15 K-Pop (1) 韓國流行舞蹈 Yeung	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					Hatha Yoga (1) 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 Core (1-2) 核心瑜伽 Chloe S	Muay Thai (LV2) 泰拳中級班 / 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	Muay Thai (LV2) 泰拳中級班 / Hot Slim (1-2) 高溫瘦身 Kimmy	Muay Thai (LV2) 泰拳中級班 / K-pop (1) 韓國流行舞蹈 Jasmine		
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	Hot Stretch (1) 高溫伸展 Katherine 20:40-21:40	Funky Dance (1) 放克舞 Suki 20:40-21:40	Tai Chi 太極 Mark 20:40-21:40	Hot Stretch (1) 高溫伸展 Kimmy 20:40-21:40	Dance Stretch (1) 舞蹈伸展 Jasmine 20:40-21:40		
21:30							

備註：所有課程上課時間為一小時，( \*\* ) 課程除外  
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電話：2478 9578

10月份課程時間表 (FAC 荃灣店)  
Class Schedule Oct (FAC Tsuen Wan)



Time/Date	23/10/2017, Mon	24/10/2017, Tue	25/10/2017, Wed	26/10/2017, Thu	27/10/2017, Fri	28/10/2017, Sat	29/10/2017, Sun
7:00							
7:30							
8:00							
8:30				Yoga Stretch (1) 伸展瑜伽 Melody*			
9:00		Tai Chi 太極 Mark					
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		Pilates Mat Work 墊上彼拉提斯 Keyne 10:10-11:10
10:30							
11:00	Hatha Yoga (1-2) 哈達瑜伽 PW					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	Yin Yoga (1) 陰瑜伽 PW 12:45-13:45	Equipment Pilates 器械彼拉提斯 Keyne	Power Lunch (1) **午餐瑜伽 Wing C* 12:45-13:30	Zumba Fitness 森巴健身 Tracy	Hot Detox (1-2) 高溫排毒 Pearl 12:45-13:45	Hot Stretch (1) 高溫伸展 Andrea 12:45-13:45	
13:00	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250		Power Yoga (2) 力量瑜伽 Ken
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	Muay Thai (LV1) 泰拳初級班 / Myofascial Release 肌筋膜放鬆術 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	
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			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 (1) **放克泰拳 Fung 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		K-Pop (1) 韓國流行舞蹈 Yeung			Hatha Yoga (1) 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 / Yoga Core (1-2) 核心瑜伽 Chloe S	Muay Thai (LV2) 泰拳中級班 / 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	Muay Thai (LV2) 泰拳中級班 / Hot Slim (1-2) 高溫瘦身 Kimmy	Muay Thai (LV2) 泰拳中級班 / K-pop (1) 韓國流行舞蹈 Jasmine		
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	Hot Stretch (1) 高溫伸展 Katherine 20:40-21:40	Funky Dance (1) 放克舞 Suki 20:40-21:40	Tai Chi 太極 Mark 20:40-21:40	Hot Stretch (1) 高溫伸展 Kimmy 20:40-21:40	Dance Stretch (1) 舞蹈伸展 Jasmine 20:40-21:40		
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	30/10/2017, Mon	31/10/2017, Tue				
7:00						
7:30						
8:00						
8:30						
9:00		Tai Chi 太極 Mark				
9:30						
10:00	Muay Thai (LV1) 泰拳初級班	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 12:45-13:45	Equipment Pilates 器械彼拉提斯 Keyne				
13:00	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / **XT45 13:00-13:45 \$250				
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 (1) **放克泰拳 Fung K-Pop (1) 韓國流行舞蹈 Yeung				
18:30						
19:00						
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Core (1-2) 核心瑜伽 Tanny*	Muay Thai (LV2) 泰拳中級班 / Yin Yoga (1) 陰瑜伽 Andrea				
20:00						
20:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班				
21:00	Hot Stretch (1) 高溫伸展 Katherine 20:40-21:40	Funky Dance (1) 放克舞 Suki 20:40-21:40				
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