

泰拳課堂 Muay Thai Class							
Time/Date			1/11/2018,Thu	2/11/2018,Fri	3/11/2018,Sat	4/11/2018,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			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/Personn	**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 (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 (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			
21:00							
21:30							

瑜伽及舞蹈課堂 Dance and Yoga Class							
Time/Date				1/11/2018,Thu	2/11/2018,Fri	3/11/2018,Sat	4/11/2018,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					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							
13:30							Power Yoga 力量瑜伽 Gaile
14:00							
14:30							
15:00				Hot Detox 高溫排毒 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				Hot Yoga 高溫瑜伽 JS Lee	Hatha Yoga 哈達瑜伽 JS Lee		
19:00							
19:30				Yoga Stretch 伸展瑜伽 JS Lee 19:45-20:45	Hot Detox 高溫排毒 Gaile 19:45-20:45		
20:00							
20:30							
21:00				Gentle Yoga 和緩瑜伽 JS Lee	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	5/11/2018, Mon	6/11/2018, Tue	7/11/2018, Wed	8/11/2018, Thu	9/11/2018, Fri	10/11/2018, Sat	11/11/2018, 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		
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	
11:00							
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	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							
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							泰激決比賽
15:30						Boxing (LV1) 西洋拳初級班	
16:00							
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	
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	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	5/11/2018, Mon	6/11/2018, Tue	7/11/2018, Wed	8/11/2018, Thu	9/11/2018, Fri	10/11/2018, Sat	11/11/2018, Sun
7:00							
7:30							
8:00							
8:30				Morning Yoga 早晨瑜伽 Ringo Wong			
9:00							
9:30							
10:00							
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				
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 Alex Pang	泰激決比賽
15:30							
16:00							
16:30						Yoga Therapy 理療瑜伽 Alex Pang	
17:00							
17:30							
18:00							
18:30	Yoga Stretch 伸展瑜伽 Esther	Metro Dance Jazz Funk Yola	Yoga Therapy 理療瑜伽 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	Hot Slim 高溫瘦身 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							
21:00		Hatha Yoga 哈達瑜伽 Christina		Gentle Yoga 和緩瑜伽 Sophia	Yoga Therapy 理療瑜伽 Gaile		
21:30							

泰拳課堂 Muay Thai Class							
Time/Date	12/11/2018, Mon	13/11/2018, Tue	14/11/2018, Wed	15/11/2018, Thu	16/11/2018, Fri	17/11/2018, Sat	18/11/2018, 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		
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	
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 12:45-13:4	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		**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 Dance and Yoga Class							
Time/Date	12/11/2018, Mon	13/11/2018, Tue	14/11/2018, Wed	15/11/2018, Thu	16/11/2018, Fri	17/11/2018, Sat	18/11/2018, 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	Detox Yoga 排毒瑜伽 Alex Pang	Power Lunch 午餐瑜伽 JS Lee 13:00-13:45				
13:30							Power Yoga 力量瑜伽 Gaile
14:00							
14:30							
15:00	Gentle Yoga 和緩瑜伽 Esther 15:15-16:15	Gentle Yoga 和緩瑜伽 Alex Pang 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							Bolly Fit 寶萊瑪瘦身舞 Jeet
18:00							
18:30	Yoga Stretch 伸展瑜伽 Esther		Yoga Therapy 理療瑜伽 Gaile	Hot Yoga 高溫瑜伽 Sophia	Hatha Yoga 哈達瑜伽 JS Lee		
19:00							Sexy Jazz 性感爵士舞 Jeet
19:30	Hot Detox 高溫排毒 Gaile 19:45-20:45	Yin Yoga 陰瑜伽 Gaile 19:45-20:45	Hot Slim 高溫瘦身 Gaile 19:45-20:45	Metro Yoga Back Bending Murali 19:45-20:45	Hot Detox 高溫排毒 Gaile 19:45-20:45		
20:00							
20:30							
21:00		Hatha Yoga 哈達瑜伽 Gaile		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	19/11/2018, Mon	20/11/2018, Tue	21/11/2018, Wed	22/11/2018, Thu	23/11/2018, Fri	24/11/2018, Sat	25/11/2018, 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		
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	
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 12:45-13:4	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		**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 Dance and Yoga Class

Time/Date	19/11/2018, Mon	20/11/2018, Tue	21/11/2018, Wed	22/11/2018, Thu	23/11/2018, Fri	24/11/2018, Sat	25/11/2018, 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 陰瑜加 Angela 10:15-11:15
10:30							
11:00							
11:30	Hatha Yoga 哈達瑜加 Esther	Bollywood 寶萊塢舞蹈 Jeet			Yoga Basic 基礎瑜加 JS Lee	Yoga Stretch 伸展瑜加 Christina	
12:00							
12:30					Power Lunch 午餐瑜加 JS Lee 12:45-13:30		
13:00	Yin Yoga 陰瑜加 Esther	Pilates Mat Work 墊上彼拉提斯 Christina	Power Lunch 午餐瑜加 JS Lee 13:00-13:45				
13:30							Power Yoga 力量瑜加 Angela
14:00							
14:30							
15:00	Gentle Yoga 和緩瑜加 Esther 15:15-16:15	Gentle Yoga 和緩瑜加 Christina 15:15-16:15	Detox Yoga 排毒瑜加 JS Lee 15:15-16:15	Hot Detox 高溫排毒 JS Lee 15:15-16:15	Gentle Yoga 和緩瑜加 JS Lee 15:15-16:15	Hot Yoga 高溫瑜加 Gaile	Yoga Basic 基礎瑜加 Angela
15:30							
16:00							
16:30			Metro Yoga Yoga Moves Murali			Yoga Therapy 理療瑜加 Gaile	
17:00							
17:30							Bolly Fit 寶萊塢瘦身舞 Jeet
18:00							
18:30	Yoga Stretch 伸展瑜加 Esther		Yoga Therapy 理療瑜加 Gaile	Metro Yoga Yoga Moves Murali	Hatha Yoga 哈達瑜加 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 陰瑜加 Christina 19:45-20:45	Hot Slim 高溫瘦身 Gaile 19:45-20:45	Yoga Stretch 伸展瑜加 Gaile 19:45-20:45	Hot Detox 高溫排毒 Gaile 19:45-20:45		
20:00							
20:30							
21:00		Hatha Yoga 哈達瑜加 Christina	Bolly Fit 寶萊塢瘦身舞 Jeet	Gentle Yoga 和緩瑜加 Gaile	Yoga Therapy 理療瑜加 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	26/11/2018, Mon	27/11/2018, Tue	28/11/2018, Wed	29/11/2018, Thu	30/11/2018, Fri	
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	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 12:45-13:4	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		**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	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			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	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	26/11/2018, Mon	27/11/2018, Tue	28/11/2018, Wed	29/11/2018, Thu	30/11/2018, Fri	
7:00						
7:30						
8:00						
8:30				Morning Yoga 早晨瑜伽 Ringo Wong		
9:00						
9:30						
10:00						
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	
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			
13:30						
14:00						
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	
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						
18:30	Yoga Stretch 伸展瑜伽 Esther		Yoga Therapy 理療瑜伽 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	Hot Slim 高溫瘦身 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						
21:00		Hatha Yoga 哈達瑜伽 Christina	Bolly Fit 寶萊塢瘦身舞 Jeet	Gentle Yoga 和緩瑜伽 Sophia	Yoga Therapy 理療瑜伽 Gaile	
21:30						