

12月份課程時間表 (FAC 荃灣店)
Class Schedule Dec (FAC Tsuen Wan)



Time/Date					01/12/2017, Fri	02/12/2017, Sat	03/12/2017, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00					Muay Thai (LV1) 泰拳初級班		Yin Yoga (1) 陰瑜伽 Jeni 10:10-11:10
10:30						Muay Thai (LV1) 泰拳初級班	
11:00							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					Muay Thai (LV1) 泰拳初級班 12:45-13:45 / 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					XT45 13:00-13:45 \$ 250/Session		Power Yoga (2) 力量瑜伽 Graz
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 / Myofascial Release 肌筋膜放鬆術 Jennifer C 14:20-15:20	Yoga Basic (1) 基礎瑜伽 Graz 14:20-15:20
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班 / Bro Yoga (1-2) 男仕瑜伽 Jennifer C	
16:00							Muay Thai (LV1) 泰拳初級班
16:30							
17:00					Muay Thai (LV1) 泰拳初級班		
17:30						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
18:00							
18:30					Hatha Yoga (1) 哈達瑜伽 Tanny		
19:00							Muay Thai (LV1) 泰拳初級班
19:30					Muay Thai (LV2) 泰拳中級班 / K-pop (1) 韓國流行舞蹈 Sharon		
20:00							
20:30					Muay Thai (LV1) 泰拳初級班 / Dance Stretch (1) 舞蹈伸展 Sharon 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

12月份課程時間表 (FAC 荃灣店)
Class Schedule Dec (FAC Tsuen Wan)



Time/Date	04/12/2017, Mon	05/12/2017, Tue	06/12/2017, Wed	07/12/2017, Thu	08/12/2017, Fri	09/12/2017, Sat	10/12/2017, Sun
7:00							
7:30							
8:00							
8:30				Yoga Stretch (1) 伸展瑜伽 Jeni			
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		Yin Yoga (1) 陰瑜伽 Jeni 10:10-11:10
10:30						Muay Thai (LV1) 泰拳初級班	
11:00	Hatha Yoga (1-2) 哈達瑜伽 Jeni						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	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Yin Yoga (1) 陰瑜伽 Jeni 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Equipment Pilates 器械彼拉提斯 Keyne	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Power Lunch (1) **午餐瑜伽 Jeni 12:45-13:30	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Zumba Fitness 森巴健身 Tracy	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / 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	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session		Power Yoga (2) 力量瑜伽 Kimmy
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 / Capoeira Garic	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 Kimmy 14:20-15:20
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班 / Bro Yoga (1-2) 男仕瑜伽 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 **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	Inversion (1) 倒置體式練習 Chloe S		TAV 瑜伽脊柱泡沫 Daisy 18:40-19:40	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
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Stretch (1) 伸展瑜伽 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 Sharon		
20:00							
20:30	Muay Thai (LV1) 泰拳初級班 / Hot Stretch (1) 高溫伸展 Katherine 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Funky Dance (1) 放克舞 Suki 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 / Hot Stretch (1) 高溫伸展 Kimmy 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Dance Stretch (1) 舞蹈伸展 Sharon 20:40-21:40		
21:00							
21:30							

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電話：2478 9578

Time/Date	11/12/2017, Mon	12/12/2017, Tue	13/12/2017, Wed	14/12/2017, Thu	15/12/2017, Fri	16/12/2017, Sat	17/12/2017, 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		Yin Yoga (1) 陰瑜伽 Jeni 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	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Yin Yoga (1) 陰瑜伽 PW 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Equipment Pilates 器械彼拉斯提斯 Keyne	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Power Lunch (1) **午餐瑜伽 Jeni 12:45-13:30	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Zumba Fitness 森巴健身 Tracy	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / 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	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session		Power Yoga (2) 力量瑜伽 Kimmy
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	Capoeira Garic	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 Kimmy 14:20-15:20
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班 / Bro Yoga (1-2) 男仕瑜伽 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 **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	Inversion (1) 倒置體式練習 Chloe S		TAV 瑜伽脊柱泡沫 Daisy 18:40-19:40	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
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Stretch (1) 伸展瑜伽 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 Sharon		
20:00							
20:30	Muay Thai (LV1) 泰拳初級班 / Hot Stretch (1) 高溫伸展 Katherine 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Funky Dance (1) 放克舞 Korea Kaka 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 / Hot Stretch (1) 高溫伸展 Kimmy 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Dance Stretch (1) 舞蹈伸展 Sharon 20:40-21:40		
21:00							
21:30							

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12月份課程時間表 (FAC 荃灣店)
Class Schedule Dec (FAC Tsuen Wan)



Time/Date	18/12/2017, Mon	19/12/2017, Tue	20/12/2017, Wed	21/12/2017, Thu	22/12/2017, Fri	23/12/2017, Sat	24/12/2017, 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		Yin Yoga (1) 陰瑜伽 Jeni 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 Tanny	
12:00						Muay Thai (LV2) 泰拳中級班	
12:30	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Yin Yoga (1) 陰瑜伽 PW 12:45-13:45	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Equipment Pilates 器械彼拉提斯 Keyne	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Power Lunch (1) **午餐瑜伽 Jeni 12:45-13:30	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Funky Dance (1) 放克舞 Xtal	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Hot Detox (1-2) 高溫排毒 Pearl 12:45-13:45	Hot Stretch (1) 高溫伸展 Tanny 12:45-13:45	
13:00	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session		Power Yoga (2) 力量瑜伽 Kimmy
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	Capoeira Garc	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 Kimmy 14:20-15:20
14:30							
15:00							
15:30						Boxing (LV1) 西洋拳初級班 / Bro Yoga (1-2) 男仕瑜伽 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		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	Inversion (1) 倒置體式練習 Chloe S		TAV 瑜伽脊柱泡沫 Daisy 18:40-19:40	K-pop (1) 韓國流行舞蹈 Yeung			
19:00							Muay Thai (LV1) 泰拳初級班
19:30	Muay Thai (LV1) 泰拳初級班 / Yoga Stretch (1) 伸展瑜伽 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			
20:00							
20:30	Muay Thai (LV1) 泰拳初級班 / Hot Stretch (1) 高溫伸展 Katherine 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Funky Dance (1) 放克舞 Suki 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 / Hot Stretch (1) 高溫伸展 Kimmy 20:40-21:40			
21:00							
21:30							

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電話：2478 9578

Time/Date	25/12/2017, Mon	26/12/2017, Tue	27/12/2017, Wed	28/12/2017, Thu	29/12/2017, Fri	30/12/2017, Sat	31/12/2017, Sun
7:00							
7:30							
8:00							
8:30				Yoga Stretch (1) 伸展瑜伽 Jeni			
9:00							
9:30							
10:00	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	Muay Thai (LV1) 泰拳初級班		Yin Yoga (1) 陰瑜伽 Jeni 10:10-11:10
10:30						Muay Thai (LV1) 泰拳初級班	
11:00	Muay Thai (LV1) 泰拳初級班 / Yin Yoga (1) 陰瑜伽 PW 11:10-12:10	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	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Power Lunch (1) **午餐瑜伽 Jeni 12:45-13:30	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Zumba Fitness 森巴健身 Tracy	Muay Thai (LV1) 泰拳初級班 12:45-13:45 / Hot Detox (1-2) 高溫排毒 Melody 12:45-13:45	Hot Stretch (1) 高溫伸展 Andrea 12:45-13:45	
13:00	Inversion (2) 倒置體式練習 Mandy W		XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session	XT45 13:00-13:45 \$ 250/Session		Power Yoga (2) 力量瑜伽 Kimmy
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	Yoga Stretch (1) 伸展瑜伽 Mandy W 14:20-15:20	Yin Yoga (1) 陰瑜伽 Andrea 14:20-15:20	Muay Thai (LV1) 泰拳初級班 / Capoeira Garc	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 Kimmy 14:20-15:20	Yoga Basic (1) 基礎瑜伽 Kimmy 14:20-15:20
14:30							
15:00							
15:30	Hot Stretch (1) 高溫伸展 Katherine	Hot Stretch (1) 高溫伸展 Andrea				Boxing (LV1) 西洋拳初級班 / Bro Yoga (1-2) 男仕瑜伽 Kimmy	
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		
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			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			TAV 瑜伽脊柱泡沫 Daisy 18:40-19:40	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 (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 Sharon		
20:00							
20:30			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 / Hot Stretch (1) 高溫伸展 Kimmy 20:40-21:40	Muay Thai (LV1) 泰拳初級班 / Dance Stretch (1) 舞蹈伸展 Sharon 20:40-21:40		
21:00							
21:30							

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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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