

2月份課程時間表 (FAC 荃灣店)  
Class Schedule Feb (FAC Tsuen Wan)



泰拳課堂 Muay Thai Class							
Time/Date				1/2/2019,Fri	2/2/2019,Sat	3/2/2019,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		
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			
13:00				**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		
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							
18:30							
19:00						Muay Thai (LV1) 泰拳初級班	
19:30				Muay Thai (LV2) 泰拳中級班			
20:00							
20:30				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					1/2/2019,Fri	2/2/2019,Sat	3/2/2019,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 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							
13:30							Power Yoga 力量瑜伽 Gaile
14:00							
14:30							
15:00						Hatha Yoga 哈達瑜伽 Emmatina	Yoga Wheel Basic 初級瑜伽輪 Gaile
15:30							
16:00							
16:30						Yoga Therapy 理療瑜伽 Emmatina	
17:00							
17:30							Bolly Fit 寶萊塢舞蹈 Jeet
18:00							
18:30					Hatha Yoga 哈達瑜伽 Gaile	Detox Yoga 排毒瑜伽 Emmatina	
19:00							Indian Folk Dance 印度舞 Jeet
19:30					Power Yoga 力量瑜伽 Gaile 19:45-20:45		
20:00							
20:30							
21:00					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	4/2/2019, Mon	5/2/2019, Tue	6/2/2019, Wed	7/2/2019, Thu	8/2/2019, Fri	9/2/2019, Sat	10/2/2019, 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	
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		
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							
18:30							
19:00				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		
20:00							
20:30					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	4/2/2019, Mon	5/2/2019, Tue	6/2/2019, Wed	7/2/2019, Thu	8/2/2019, Fri	9/2/2019, Sat	10/2/2019, 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 Carol Tai	Yoga Stretch 伸展瑜伽 Gaile	
12:00							
12:30					**Power Lunch 午餐瑜伽 Carol Tai 12:45-13:30		
13:00	Yin Yoga 陰瑜伽 Fanny Lee						
13:30							Power Yoga 力量瑜伽 Gaile
14:00							
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							
16:00							
16:30						Yoga Therapy 理療瑜伽 Gaile	
17:00							
17:30							Bolly Fit 寶萊瑪舞蹈 Jeet
18:00							
18:30				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				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						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	11/2/2019, Mon	12/2/2019, Tue	13/2/2019, Wed	14/2/2019, Thu	15/2/2019, Fri	16/2/2019, Sat	17/2/2019, 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	11/2/2019, Mon	12/2/2019, Tue	13/2/2019, Wed	14/2/2019, Thu	15/2/2019, Fri	16/2/2019, Sat	17/2/2019, 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 13:15-14:00	**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			Capoeira Galic				
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 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 Gaile	Yoga Core 核心瑜伽 Carol Tai	
19:00							Indian Folk Dance 印度舞 Jeet
19:30	Flow Yoga 流動瑜伽 Gaile 19:45-20:45	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 Gaile 19:45-20:45		
20:00							
20:30							
21:00							
21:30						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

泰拳課堂 Muay Thai Class							
Time/Date	18/2/2019, Mon	19/2/2019, Tue	20/2/2019, Wed	21/2/2019, Thu	22/2/2019, Fri	23/2/2019, Sat	24/2/2019, 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	18/2/2019, Mon	19/2/2019, Tue	20/2/2019, Wed	21/2/2019, Thu	22/2/2019, Fri	23/2/2019, Sat	24/2/2019, 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 13:15-14:00	**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			Capoeira Garic				
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 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 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 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 Gaile 19:45-20:45		
20:00							
20:30							
21:00						Yoga Wheel Basic 初級瑜伽輪 Gaile	
21:30			Bolly Fit 寶萊塢舞蹈 Jeet				

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	25/2/2019, Mon	26/2/2019, Tue	27/2/2019, Wed	28/2/2019, 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	25/2/2019, Mon	26/2/2019, Tue	27/2/2019, Wed	28/2/2019, 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 13:15-14:00	**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 Ringo Wong	Yoga Wheel Basic 初級瑜伽輪 Fanny Lee	Hatha Yoga 哈達瑜伽 Carol Tai			
19:00							
19:30	Flow Yoga 流瑜伽 Gaile 19:45-20:45	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 Carol Tai 19:45-20:45			
20:00							
20:30							
21:00			Bolly Fit 寶萊塢舞蹈 Jeet				
21:30							