

3月份課程時間表 (FAC 荃灣店)  
Class Schedule Mar (FAC Tsuen Wan)



泰拳課堂 Muay Thai Class							
Time/Date				1/3/2019,Fri	2/3/2019,Sat	3/3/2019,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							
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					1/3/2019,Fri	2/3/2019,Sat	3/3/2019,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							Hot Yoga 高溫瑜伽 Manish
14:00					Yoga Basic 基礎瑜伽 Manish		
14:30							
15:00						Pilates Mat Work 墊上彼拉提斯 Gaile	Yoga Wheel Basic 初級瑜伽輪 Manish
15:30							
16:00							
16:30						Yoga Therapy 理療瑜伽 Gaile	
17:00							
17:30							Bolly Fit 寶萊姆舞蹈 Jeet
18:00							
18:30					Hatha Yoga 哈達瑜伽 Manish	Detox Yoga 排毒瑜伽 Emmatina	
19:00							Indian Folk Dance 印度舞 Jeet
19:30					Power Yoga 力量瑜伽 Manish 19:45-20:45		
20:00							
20:30							
21:00					Yoga Wheel Basic 初級瑜伽輪 Manish		
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：2612 0549

泰拳課堂 Muay Thai Class							
Time/Date	4/3/2019, Mon	5/3/2019, Tue	6/3/2019, Wed	7/3/2019, Thu	8/3/2019, Fri	9/3/2019, Sat	10/3/2019, 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							
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							

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 (進階課程需親臨分店繳交課堂費用)  
電話：2612 0549

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	4/3/2019, Mon	5/3/2019, Tue	6/3/2019, Wed	7/3/2019, Thu	8/3/2019, Fri	9/3/2019, Sat	10/3/2019, 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			Hot Detox 高溫排毒 JS Lee	Yoga Basic 基礎瑜伽 Alex Pang	Yoga Stretch 伸展瑜伽 Galle	
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							Hot Yoga 高溫瑜伽 Emmatina
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		Pilates Mat Work 墊上彼拉提斯 Galle	Yoga Stretch 伸展瑜伽 Emmatina
15:30			Detox Yoga 排毒瑜伽 JS Lee				
16:00							
16:30						Yoga Therapy 理療瑜伽 Galle	
17:00							
17:30							Bolly Fit 寶萊塢舞蹈 Jeet
18:00							
18:30	Yoga Stretch 伸展瑜伽 Galle	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 Galle	Detox Yoga 排毒瑜伽 Emmatina	
19:00							Sexy Jazz 性感爵士舞 Jeet
19:30	Flow Yoga 流動伽 Galle 19:45-20:45	Hot Stretch 高溫伸展 Ringo Wong 19:45-20:45	Vinyasa 流動伽 Fanny Lee 19:45-20:45	Yoga Stretch 伸展伽 JS Lee 19:45-20:45	Power Yoga 力量伽 Galle 19:45-20:45		
20:00							
20:30							
21:00			Bolly Fit 寶萊塢舞蹈 Jeet		Yoga Wheel Basic 初級伽輪 Galle		
21:30							

泰拳課堂 Muay Thai Class

Time/Date	11/3/2019, Mon	12/3/2019, Tue	13/3/2019, Wed	14/3/2019, Thu	15/3/2019, Fri	16/3/2019, Sat	17/3/2019, 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							
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	11/3/2019, Mon	12/3/2019, Tue	13/3/2019, Wed	14/3/2019, Thu	15/3/2019, Fri	16/3/2019, Sat	17/3/2019, 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			Hot Detox 高溫排毒 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 Alex Pang 13:15-14:00	**Power Lunch 午餐瑜伽 JS Lee 13:00-13:45				
13:30							Hot Yoga 高溫瑜伽 Gaile
14:00				Capoeira Galic			
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				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 Carol	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							Indian Folk Dance 印度舞 Jeet
19:30	Flow Yoga 流動瑜伽 Gaile 19:45-20:45	Hot Stretch 高溫伸展 Carol 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							

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：2612 0549

3月份課程時間表 (FAC 荃灣店)  
Class Schedule Mar (FAC Tsuen Wan)



泰拳課堂 Muay Thai Class							
Time/Date	18/3/2019, Mon	19/3/2019, Tue	20/3/2019, Wed	21/3/2019, Thu	22/3/2019, Fri	23/3/2019, Sat	24/3/2019, 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							
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							

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：2612 0549

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	18/3/2019, Mon	19/3/2019, Tue	20/3/2019, Wed	21/3/2019, Thu	22/3/2019, Fri	23/3/2019, Sat	24/3/2019, 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			Hot Detox 高溫排毒 Manish	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 Manish 13:00-13:45				
13:30							Hot Yoga 高溫瑜伽 Gaile
14:00			Capoeira Garin				
14:30							
15:00	Gentle Yoga 和緩瑜伽 Fanny Lee 15:15-16:15			Detox Yoga 排毒瑜伽 Manish 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 Manish			
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 Manish	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	Hot Stretch 高溫伸展 Ringo Wong 19:45-20:45	Vinyasa 流動瑜伽 Fanny Lee 19:45-20:45	Yoga Stretch 伸展瑜伽 Manish 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				

泰拳課堂 Muay Thai Class

Time/Date	25/3/2019, Mon	26/3/2019, Tue	27/3/2019, Wed	28/3/2019, Thu	29/3/2019, Fri	30/3/2019, Sat	31/3/2019, 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							
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							

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：2612 0549

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	25/3/2019, Mon	26/3/2019, Tue	27/3/2019, Wed	28/3/2019, Thu	29/3/2019, Fri	30/3/2019, Sat	31/3/2019, 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 Alex	
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 Manish 13:00-13:45				
13:30							Hot Yoga 高溫瑜伽 Angela
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		Pilates Mat Work 墊上彼拉提斯 Carol	Yoga Wheel Basic 初級瑜伽輪 Angela
15:30				Detox Yoga 排毒瑜伽 Manish			
16:00							
16:30						Yoga Therapy 理療瑜伽 Carol	
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 Angela	Detox Yoga 排毒瑜伽 Carol	
19:00							Indian Folk Dance 印度舞 Jeet
19:30	Flow Yoga 流動瑜伽 Gaile 19:45-20:45	Hot Stretch 高溫伸展 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 Angela 19:45-20:45		
20:00							
20:30							
21:00							Yoga Wheel Basic 初級瑜伽輪 Angela
21:30							