

泰拳課堂 Muay Thai Class							
Time/Date	1/4/2019, Mon	2/4/2019, Tue	3/4/2019, Wed	4/4/2019, Thu	5/4/2019, Fri	6/4/2019, Sat	7/4/2019, Sun
7:00							
7:30							
8:00							
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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	
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	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		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	
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	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		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			
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							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	1/4/2019, Mon	2/4/2019, Tue	3/4/2019, Wed	4/4/2019, Thu	5/4/2019, Fri	6/4/2019, Sat	7/4/2019, Sun
7:00							
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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 Manish 13:00-13:45				
13:30							Hot Yoga 高溫瑜伽 Galle
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 Wheel Basic 初級瑜伽輪 Galle
15:30			Detox Yoga 排毒瑜伽 Manish				
16:00							
16:30						Yoga Therapy 理療瑜伽 Galle	Bollywood 寶萊塢舞蹈 Jeet
17:00							
17:30							Bolly Fit 寶萊塢舞蹈 Jeet
18:00							
18:30	Yoga Stretch 伸展瑜伽 Manish	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							
19:30	Flow Yoga 流動瑜伽 Manish 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 Galle 19:45-20:45		
20:00							
20:30							
21:00			Bolly Fit 寶萊塢舞蹈 Jeet		Yoga Wheel Basic 初級瑜伽輪 Galle		
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

泰拳課堂 Muay Thai Class

Time/Date	8/4/2019, Mon	9/4/2019, Tue	10/4/2019, Wed	11/4/2019, Thu	12/4/2019, Fri	13/4/2019, Sat	14/4/2019, Sun
7:00							
7:30							
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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	8/4/2019, Mon	9/4/2019, Tue	10/4/2019, Wed	11/4/2019, Thu	12/4/2019, Fri	13/4/2019, Sat	14/4/2019, Sun
7:00							
7:30							
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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 Carol Tai	Yoga Stretch 伸展瑜伽 Galle	
12:00		Bollywood 寶萊塢舞蹈 Jeet					
12:30					**Power Lunch 午餐瑜伽 Carol Tai 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 Galle
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 Wheel Basic 初級瑜伽輪 Galle
15:30			Detox Yoga 排毒瑜伽 JS Lee				
16:00							
16:30						Yoga Therapy 理療瑜伽 Galle	Bollywood 寶萊塢舞蹈 Jeet
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							
19:30	Flow Yoga 流瑜伽 Galle 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 Galle 19:45-20:45		
20:00							
20:30							
21:00			Bollywood 寶萊塢舞蹈 Jeet		Yoga Wheel Basic 初級瑜伽輪 Galle		
21:30							

泰拳課堂 Muay Thai Class

Time/Date	15/4/2019, Mon	16/4/2019, Tue	17/4/2019, Wed	18/4/2019, Thu	19/4/2019, Fri	20/4/2019, Sat	21/4/2019, Sun
7:00							
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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					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							
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							
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		Muay Thai (LV1) 泰拳初級班			
14:30							
15:00							
15:30							
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
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				
18:30							
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	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班				
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				
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	15/4/2019, Mon	16/4/2019, Tue	17/4/2019, Wed	18/4/2019, Thu	19/4/2019, Fri	20/4/2019, Sat	21/4/2019, 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 Carol Tai	Yoga Stretch 伸展瑜伽 Gaile	
12:00		Bollywood 寶萊塢舞蹈 Jeet					
12:30					**Power Lunch 午餐瑜伽 Carol Tai 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 Gaile
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 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	Bollywood 寶萊塢舞蹈 Jeet
17:00							
17:30							Bollywood 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 Gaile	Detox Yoga 排毒瑜伽 Emmatina	
19:00							
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		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				Bollywood 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：2612 0549

泰拳課堂 Muay Thai Class							
Time/Date	22/4/2019, Mon	23/4/2019, Tue	24/4/2019, Wed	25/4/2019, Thu	26/4/2019, Fri	27/4/2019, Sat	28/4/2019, Sun
7:00							
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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	
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	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						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	
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			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		**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						Muay Thai (LV1) 泰拳初級班
19:30		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		
21:00							
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	22/4/2019, Mon	23/4/2019, Tue	24/4/2019, Wed	25/4/2019, Thu	26/4/2019, Fri	27/4/2019, Sat	28/4/2019, Sun
7:00							
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10:30							
11:00							
11:30	Hatha Yoga 哈達瑜伽 Carol Tai			Hot Detox 高溫排毒 Manish	Yoga Basic 基礎瑜伽 Carol Tai	Yoga Stretch 伸展瑜伽 Carol Tai	
12:00		Bollywood 寶萊塢舞蹈 Jeet					
12:30					**Power Lunch 午餐瑜伽 Carol Tai 12:45-13:30		
13:00	Yin Yoga 陰瑜伽 Carol Tai	**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 Angela
14:00			Capoeira Garcic				
14:30							
15:00	Gentle Yoga 和緩瑜伽 Carol Tai 15:15-16:15			Detox Yoga 排毒瑜伽 Manish 15:15-16:15		Pilates Mat Work 墊上彼拉提斯 Carol Tai	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 Tai	Bollywood 寶萊塢舞蹈 Jeet
17:00							
17:30							Bollywood 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							
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			Bolly Fit 寶萊塢舞蹈 Jeet		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

泰拳課堂 Muay Thai Class

Time/Date	29/4/2019, Mon	30/4/2019, Tue				
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						
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				
13:00						
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 放克泰拳 Fung 18:15-19:00				
18:30						
19:00						
19:30	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				
21:00						
21:30						

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	29/4/2019, Mon	30/4/2019, Tue				
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					
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				
13:30						
14:00						
14:30						
15:00	Gentle Yoga 和緩瑜伽 Fanny 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 Gaile	Yin Yoga 陰瑜伽 Ringo Wong				
19:00						
19:30	Flow Yoga 流瑜伽 Gaile 19:45-20:45	Hot Stretch 高溫伸展 Ringo Wong 19:45-20:45				
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 (進階課堂需親臨分店繳交課堂費用)
電話：2612 0549