

泰拳課堂 Muay Thai Class

Time/Date	1/5/2019,Wed	2/5/2019,Thu	3/5/2019,Fri	4/5/2019,Sat	5/5/2019,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					
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		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 (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	1/5/2019,Wed	2/5/2019,Thu	3/5/2019,Fri	4/5/2019,Sat	5/5/2019,Sun
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					
11:30		Hot Detox 高溫排毒 JS Lee	Myofascial Release 肌筋膜放鬆術 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		**Power Lunch 午餐瑜伽 Manish 13:00-13:45			
13:30					Hot Yoga 高溫瑜伽 Gaile
14:00		Capoeira Garic			
14:30					
15:00			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 Manish			
16:00					
16:30				Yoga Therapy 理療瑜伽 Gaile	Bollywood 寶萊塢舞蹈 Jeet
17:00					
17:30					Bolly Fit 寶萊塢舞蹈 Jeet
18:00					
18:30		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					
19:30		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		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	6/5/2019, Mon	7/5/2019, Tue	8/5/2019, Wed	9/5/2019, Thu	10/5/2019, Fri	11/5/2019, Sat	12/5/2019, 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	6/5/2019, Mon	7/5/2019, Tue	8/5/2019, Wed	9/5/2019, Thu	10/5/2019, Fri	11/5/2019, Sat	12/5/2019, 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	Myofascial Release 肌筋膜放鬆術 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 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	13/5/2019, Mon	14/5/2019, Tue	15/5/2019, Wed	16/5/2019, Thu	17/5/2019, Fri	18/5/2019, Sat	19/5/2019, 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		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						Muay Thai (LV1) 泰拳初級班	
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	13/5/2019, Mon	14/5/2019, Tue	15/5/2019, Wed	16/5/2019, Thu	17/5/2019, Fri	18/5/2019, Sat	19/5/2019, 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 Manish			Hot Detox 高溫排毒 JS Lee	Myofascial Release 肌筋膜放鬆術 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 Manish	**Power Lunch 午餐瑜伽 Angela 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 Garic			
14:30							
15:00	Gentle Yoga 和緩瑜伽 Manish 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 Manish				
16:00							
16:30						Yoga Therapy 治療瑜伽 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 JS Lee	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 JS Lee 19:45-20:45	Power Yoga 力量瑜伽 Gaile 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 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	20/5/2019, Mon	21/5/2019, Tue	22/5/2019, Wed	23/5/2019, Thu	24/5/2019, Fri	25/5/2019, Sat	26/5/2019, 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	20/5/2019, Mon	21/5/2019, Tue	22/5/2019, Wed	23/5/2019, Thu	24/5/2019, Fri	25/5/2019, Sat	26/5/2019, 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	Myofascial Release 肌筋膜放鬆術 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 Manish 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 Manish				
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 JS Lee	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 JS Lee 19:45-20:45	Power Yoga 力量瑜伽 Gaile 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 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	27/5/2019, Mon	28/5/2019, Tue	29/5/2019, Wed	30/5/2019, Thu	31/5/2019, Fri
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
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	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		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 (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	27/5/2019, Mon	28/5/2019, Tue	29/5/2019, Wed	30/5/2019, Thu	31/5/2019, Fri
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	Myofascial Release 肌筋膜放鬆術 Alex Pang
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					
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 Manish		
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 JS Lee	Hatha Yoga 哈達瑜伽 Gaile
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	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			Bollywood 寶萊塢舞蹈 Jeet		Yoga Wheel Basic 初級瑜伽輪 Gaile
21:30					