

6月份課程時間表 (FAC 荃灣店)  
Class Schedule Jun (FAC Tsuen Wan)



泰拳課堂 Muay Thai Class						
Time/Date					1/6/2019,Sat	2/6/2019,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	
11:00						Muay Thai (LV1) 泰拳初級班
11:30						
12:00					Muay Thai (LV2) 泰拳中級班	
12:30						
13:00						
13:30						Muay Thai (LV2) 泰拳中級班
14:00					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						
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						
20:00						
20:30						
21:00						
21:30						

瑜伽及舞蹈課堂 Yoga and Dance Class						
Time/Date					1/6/2019,Sat	2/6/2019,Sun
7:00						
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						
10:30						
11:00						
11:30					Yoga Stretch 伸展瑜伽 Gaile	
12:00						
12:30						
13:00						
13:30						Hot Yoga 高溫瑜伽 Gaile
14:00						
14:30						
15:00					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	Bollywood 寶萊塢舞蹈 Jeet
17:00						
17:30						Bollywood 寶萊塢舞蹈 Jeet
18:00						
18:30					Detox Yoga 排毒瑜伽 Emmatina	
19:00						
19:30						
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

泰拳課堂 Muay Thai Class

Time/Date	3/6/2019, Mon	4/6/2019, Tue	5/6/2019, Wed	6/6/2019, Thu	7/6/2019, Fri	8/6/2019, Sat	9/6/2019, 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	
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	3/6/2019, Mon	4/6/2019, Tue	5/6/2019, Wed	6/6/2019, Thu	7/6/2019, Fri	8/6/2019, Sat	9/6/2019, 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 Alex Pang	
12:00							
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		Flow Yoga 流瑜伽 Emmatina	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 Emmatina	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	Hot Stretch 高溫伸展 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	Hatha Yoga 哈達瑜伽 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

泰拳課堂 Muay Thai Class

Time/Date	10/6/2019, Mon	11/6/2019, Tue	12/6/2019, Wed	13/6/2019, Thu	14/6/2019, Fri	15/6/2019, Sat	16/6/2019, 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	10/6/2019, Mon	11/6/2019, Tue	12/6/2019, Wed	13/6/2019, Thu	14/6/2019, Fri	15/6/2019, Sat	16/6/2019, 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 Angela 11:45-12:45	Myofascial Release 肌筋膜放鬆術 Alex Pang	Yoga Stretch 伸展瑜伽 Carol Tai	
12:00							
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 Angela 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 Angela 15:15-16:15		Pilates Mat Work 墊上彼拉提斯 Flora	Yoga Wheel Basic 初級瑜伽輪 Angela
15:30				Detox Yoga 排毒瑜伽 Angela			
16:00							
16:30						Yoga Therapy 理療瑜伽 Flora	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 Carol Tai	Hot Stretch 高溫伸展 Alex Pang	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	Yoga Stretch 伸展瑜伽 Carol Tai 19:45-20:45	Hatha Yoga 哈達瑜伽 Alex Pang 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 Alex Pang		
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

6月份課程時間表 (FAC 荃灣店)  
Class Schedule Jun (FAC Tsuen Wan)



泰拳課堂 Muay Thai Class							
Time/Date	17/6/2019, Mon	18/6/2019, Tue	19/6/2019, Wed	20/6/2019, Thu	21/6/2019, Fri	22/6/2019, Sat	23/6/2019, 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	17/6/2019, Mon	18/6/2019, Tue	19/6/2019, Wed	20/6/2019, Thu	21/6/2019, Fri	22/6/2019, Sat	23/6/2019, 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 Angela 11:45-12:45	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	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 Angela 13:00-13:45				
13:30							Hot Yoga 高溫瑜伽 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 Angela 15:15-16:15		Flow Yoga 流瑜伽 Emmatina	Yoga Wheel Basic 初級瑜伽輪 Gaile
15:30			Detox Yoga 排毒瑜伽 Angela				
16:00							
16:30						Yoga Therapy 理療瑜伽 Emmatina	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 Jo Tsang	Yin Yoga 陰瑜伽 Ringo Wong	Yoga Wheel Basic 初級瑜伽輪 Fanny Lee	Hatha Yoga 哈達瑜伽 Gaile	Hot Stretch 高溫伸展 Gaile	Detox Yoga 排毒瑜伽 Emmatina	
19:00							
19:30	Flow Yoga 流瑜伽 Jo Tsang 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 Gaile 19:45-20:45	Hatha Yoga 哈達瑜伽 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	24/6/2019, Mon	25/6/2019, Tue	26/6/2019, Wed	27/6/2019, Thu	28/6/2019, Fri	29/6/2019, Sat	30/6/2019, 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	24/6/2019, Mon	25/6/2019, Tue	26/6/2019, Wed	27/6/2019, Thu	28/6/2019, Fri	29/6/2019, Sat	30/6/2019, 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	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	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 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	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	Hot Stretch 高溫伸展 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	Hatha Yoga 哈達瑜伽 Gaile 19:45-20:45		
20:00							
20:30							
21:00							Yoga Wheel Basic 初級瑜伽輪 Gaile
21:30							