

泰拳課堂 Muay Thai Class

Time/Date							1/9/2019,Sun
7:00							
7:30							
8:00							
8:30							
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10:00							
10:30							
11:00							Muay Thai (LV1) 泰拳初級班
11:30							
12:00							
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13:30							Muay Thai (LV2) 泰拳中級班
14:00							
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16:00							Muay Thai (LV1) 泰拳初級班
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19:00							Muay Thai (LV1) 泰拳初級班
19:30							
20:00							
20:30							
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瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date								1/9/2019,Sun
7:00								
7:30								
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9:00								
9:30								
10:00								
10:30								
11:00								
11:30								
12:00								
12:30								
13:00								
13:30								Hot Yoga 高溫瑜伽 JS Lee
14:00								
14:30								
15:00								Ashtanga Vinyasa 阿斯湯加瑜伽 JS Lee
15:30								
16:00								
16:30								Bollywood 寶萊塢舞蹈 Jeet
17:00								
17:30								Bolly Fit 寶萊塢瘦身舞 Jeet
18:00								
18:30								
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20:00								
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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	2/9/2019, Mon	3/9/2019, Tue	4/9/2019, Wed	5/9/2019, Thu	6/9/2019, Fri	7/9/2019, Sat	8/9/2019, Sun
7:00							
7:30							
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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	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			
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	
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
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電話：2612 0549

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	2/9/2019, Mon	3/9/2019, Tue	4/9/2019, Wed	5/9/2019, Thu	6/9/2019, Fri	7/9/2019, Sat	8/9/2019, 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	Myofascial Release 肌筋膜放鬆術 Alex Pang	Yoga Stretch 伸展瑜伽 Manish	
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 Angela 13:15-14:00	**Power Lunch 午餐瑜伽 JS Lee 13:00-13:45				
13:30							Hot Yoga 高溫瑜伽 JS Lee
14:00			Capoeira 巴西戰舞 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		Yoga Wheel Basic 初級瑜伽輪 Manish	Ashtanga Vinyasa 阿斯湯加瑜伽 JS Lee
15:30			Detox Yoga 排毒瑜伽 Manish				
16:00							
16:30						Yoga Therapy 理療瑜伽 Emma Kawa	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 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	Hot Stretch 高溫伸展 Manish	Detox Yoga 排毒瑜伽 Emma Kawa	
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	Hatha Yoga 哈達瑜伽 Manish 19:45-20:45		
20:00							
20:30							
21:00			Bollywood 寶萊塢舞蹈 Jeet	Zumba 森巴 Paula			
21:30							

泰拳課堂 Muay Thai Class

Time/Date	9/9/2019,Mon	10/9/2019,Tue	11/9/2019,Wed	12/9/2019,Thu	13/9/2019,Fri	14/9/2019,Sat	15/9/2019,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							
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			
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							
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							
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	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	9/9/2019,Mon	10/9/2019,Tue	11/9/2019,Wed	12/9/2019,Thu	13/9/2019,Fri	14/9/2019,Sat	15/9/2019,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	Yin Yoga 陰瑜伽 Ringo Wong	Yoga Stretch 伸展瑜伽 Carol Tai	
12:00							
12:30					**Power Lunch 午餐瑜伽 Ringo Wong 12:45-13:30		
13:00	Yin Yoga 陰瑜伽 Fanny Lee	**Power Lunch 午餐瑜伽 Angela 13:15-14:00	**Power Lunch 午餐瑜伽 JS Lee 13:00-13:45				
13:30							Hot Yoga 高溫瑜伽 JS Lee
14:00			Capoeira 巴西戰舞 Garic				
14:30							
15:00	Gentle Yoga 和緩瑜伽 Fanny Lee 15:15-16:15	Gentle Yoga 和緩瑜伽 JS Lee		Detox Yoga 排毒瑜伽 JS Lee 15:15-16:15		Pilates Mat Work 墊上彼拉提斯 Carol Tai	Ashtanga Vinyasa 阿斯湯加瑜伽 JS Lee
15:30				Detox Yoga 排毒瑜伽 JS Lee			
16:00							
16:30						Yoga Therapy 理療瑜伽 Emma Kawa	Bollywood 寶萊塢舞蹈 Jeet
17:00			Ashtanga Vinyasa 阿斯湯加瑜伽 JS Lee				
17:30							Bolly Fit 寶萊塢瘦身舞 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 Manish	Hot Stretch 高溫伸展 Emma Kawa	Detox Yoga 排毒瑜伽 Emma Kawa	
19:00							
19:30	Flow Yoga 流瑜伽 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 Manish 19:45-20:45	Hatha Yoga 哈達瑜伽 Emma Kawa 19:45-20:45		
20:00							
20:30							
21:00			Bollywood 寶萊塢舞蹈 Jeet	Zumba 森巴 Paula			
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	16/9/2019, Mon	17/9/2019, Tue	18/9/2019, Wed	19/9/2019, Thu	20/9/2019, Fri	21/9/2019, Sat	22/9/2019, 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	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			
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	
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	16/9/2019, Mon	17/9/2019, Tue	18/9/2019, Wed	19/9/2019, Thu	20/9/2019, Fri	21/9/2019, Sat	22/9/2019, 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	Myofascial Release 肌筋膜放鬆術 Alex Pang	Yoga Stretch 伸展瑜伽 Manish	
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 Angela 13:15-14:00	**Power Lunch 午餐瑜伽 Manish 13:00-13:45				
13:30							Hot Yoga 高溫瑜伽 JS Lee
14:00			Capoeira 巴西戰舞 Garic				
14:30							
15:00	Gentle Yoga 和緩瑜伽 Fanny Lee 15:15-16:15	Hatha Yoga 哈達瑜伽 Manish		Detox Yoga 排毒瑜伽 JS Lee 15:15-16:15		Yoga Wheel Basic 初級瑜伽輪 Manish	Ashtanga Vinyasa 阿斯湯加瑜伽 JS Lee
15:30				Detox Yoga 排毒瑜伽 JS Lee			
16:00							
16:30						Ashtanga Vinyasa 阿斯湯加瑜伽 Manish	Bollywood 寶萊塢舞蹈 Jeet
17:00		Ashtanga Vinyasa 阿斯湯加瑜伽 Manish					
17:30							Bolly Fit 寶萊塢瘦身舞 Jeet
18:00							
18:30	Ashtanga Vinyasa 阿斯湯加瑜伽 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	Hot Stretch 高溫伸展 JS Lee	Detox Yoga 排毒瑜伽 Manish	
19:00							
19:30	Flow Yoga 流瑜伽 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	Hatha Yoga 哈達瑜伽 JS Lee 19:45-20:45		
20:00							
20:30							
21:00			Bolly Fit 寶萊塢瘦身舞 Jeet	Zumba 森巴 Paula			
21:30							

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電話：2612 0549

泰拳課堂 Muay Thai Class

Time/Date	23/9/2019, Mon	24/9/2019, Tue	25/9/2019, Wed	26/9/2019, Thu	27/9/2019, Fri	28/9/2019, Sat	29/9/2019, 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	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			
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	
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	23/9/2019, Mon	24/9/2019, Tue	25/9/2019, Wed	26/9/2019, Thu	27/9/2019, Fri	28/9/2019, Sat	29/9/2019, 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	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 Angela 13:15-14:00	**Power Lunch 午餐瑜伽 JS Lee 13:00-13:45				
13:30							Hot Yoga 高溫瑜伽 JS Lee
14:00				Capoeira 巴西戰舞 Garic			
14:30							
15:00	Gentle Yoga 和緩瑜伽 Fanny Lee 15:15-16:15	Gentle Yoga 和緩瑜伽 JS Lee		Detox Yoga 排毒瑜伽 JS Lee 15:15-16:15		Pilates Mat Work 墊上彼拉提斯 Carol Tai	Ashtanga Vinyasa 阿斯湯加瑜伽 JS Lee
15:30				Detox Yoga 排毒瑜伽 Manish			
16:00							
16:30						Yoga Therapy 理療瑜伽 Emma Kawa	Bollywood 寶萊塢舞蹈 Jeet
17:00				Ashtanga Vinyasa 阿斯湯加瑜伽 JS Lee			
17:30							Bolly Fit 寶萊塢瘦身舞 Jeet
18:00							
18:30	Yoga Stretch 伸展瑜伽 Carol Tai	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 Emma Kawa	Detox Yoga 排毒瑜伽 JS Lee	
19:00							
19:30	Flow Yoga 流動瑜伽 Carol Tai 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 Emma Kawa 19:45-20:45		
20:00							
20:30							
21:00							
21:30							

泰拳課堂 Muay Thai Class

Time/Date	30/9/2019, Mon						
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							
11:30							
12:00							
12:30							
13:00							
13:30							
14:00	Muay Thai (LV1) 泰拳初級班						
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00	Muay Thai (LV2) 泰拳中級班 18:15-19:15						
18:30							
19:00							
19:30	Muay Thai (LV1) 泰拳初級班						
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	30/9/2019, Mon						
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							
12:30							
13:00	Yin Yoga 陰瑜伽 Fanny Lee						
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 Carol Tai						
19:00							
19:30	Flow Yoga 流瑜伽 Carol Tai 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 (進階課程需親臨分店繳交課堂費用)
電話：2612 0549