

泰拳課堂 Muay Thai Class

Time/Date	1/2/2019,Fri	2/2/2019,Sat	3/2/2019,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			
11:30			
12:00			
12:30	Muay Thai (LV2) 泰拳中級班	**Funky Muay Thai 放克泰拳 Fung 12:30-13:15	
13:00			
13:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
14:00			
14:30			
15:00		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
15:30			
16:00			
16:30			
17:00		Muay Thai (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班
17:30			
18:00			
18:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
19:00			
19:30	Muay Thai (LV2) 泰拳中級班 19:45-20:45		
20:00			
20:30			
21:00	Muay Thai (LV2) 泰拳中級班		
21:30			

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	1/2/2019,Fri	2/2/2019,Sat	3/2/2019,Sun
7:00			
7:30			
8:00			
8:30			
9:00			
9:30			
10:00			
10:30			Aerial Core 空中瑜伽核心 Fanny Lee
11:00			
11:30	Detox Yoga 排毒瑜伽 JS Lee		
12:00			Yoga Stretch 伸展瑜伽 Fanny Lee
12:30		Yoga Core 核心瑜伽 Jo Chan 12:45-13:45	
13:00			
13:30			
14:00		Yin Yoga 陰瑜伽 Jo Chan	Megadanz 熱力勁舞 Carl
14:30			
15:00		Capoeira Garic	
15:30	Hot Stretch 高溫伸展 JS Lee		Hatha Yoga 哈達瑜伽 Jo Chan
16:00			
16:30			Hot Stretch 高溫伸展 Jo Chan 16:45-17:45
17:00			
17:30			
18:00			
18:30			
19:00			Aerial Basic 初級空中瑜伽 Isabel Siu
19:30			
20:00			
20:30			
21:00	Capoeira Garic		
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：2116 3363

泰拳課堂 Muay Thai Class

Time/Date	4/2/2019, Mon	5/2/2019, Tue	6/2/2019, Wed	7/2/2019, Thu	8/2/2019, Fri	9/2/2019, Sat	10/2/2019, Sun
7:00							
7:30							
8:00							
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9:30							
10:00							
10:30						Muay Thai (LV1) 泰拳初級班	
11:00							
11:30							
12:00							
12:30	Muay Thai (LV2) 泰拳中級班				Muay Thai (LV2) 泰拳中級班	**Funky Muay Thai 放克泰拳 Fung 12:30-13:15	
13:00							
13:30	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 (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
14:00							
14:30							
15:00				Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
15:30							
16:00							
16:30							
17:00				Muay Thai (LV3) 泰拳高級班		Muay Thai (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班
17:30							
18:00							
18:30				Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
19:00							
19:30					Muay Thai (LV2) 泰拳中級班 19:45-20:45		
20:00							
20:30							
21:00					Muay Thai (LV2) 泰拳中級班		
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	4/2/2019, Mon	5/2/2019, Tue	6/2/2019, Wed	7/2/2019, Thu	8/2/2019, Fri	9/2/2019, Sat	10/2/2019, Sun
7:00							
7:30							
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9:30							
10:00							
10:30				Aerial Basic 初級空中瑜伽 Carol Tai			Aerial Core 空中瑜伽核心 Carol Tai
11:00							
11:30					Detox Yoga 排毒瑜伽 JS Lee		
12:00							Yoga Stretch 伸展瑜伽 Carol Tai
12:30						Yoga Core 核心瑜伽 Karen Li 12:45-13:45	
13:00							
13:30							
14:00						Yin Yoga 陰瑜伽 Karen Li	Megadanz 熱力勁舞 Carl
14:30	Aerial Basic 初級空中瑜伽 Karen Li			Yoga Stretch 伸展瑜伽 Alex Pang			
15:00						Capoeira Garic	
15:30					Hot Stretch 高溫伸展 JS Lee		Hatha Yoga 哈達瑜伽 Jo Chan
16:00							
16:30							Hot Stretch 高溫伸展 Jo Chan 16:45-17:45
17:00							
17:30							
18:00							
18:30				Yin Yoga 陰瑜伽 Emmatina	Aerial Basic 初級空中瑜伽 Karen Li		
19:00						Aerial Basic 初級空中瑜伽 Isabel Siu	
19:30				Hatha Yoga 哈達瑜伽 Emmatina 19:45-20:45	Yoga Core 核心瑜伽 Karen Li 19:45-20:45		
20:00							
20:30							
21:00				Yoga Therapy 理療瑜伽 Emmatina	Capoeira Garic		
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：2116 3363

泰拳課堂 Muay Thai Class

Time/Date	11/2/2019, Mon	12/2/2019, Tue	13/2/2019, Wed	14/2/2019, Thu	15/2/2019, Fri	16/2/2019, Sat	17/2/2019, Sun
7:00							
7:30							
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9:30							
10:00							
10:30						Muay Thai (LV1) 泰拳初級班	
11:00							
11:30							
12:00							
12:30	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 (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	**Funky Muay Thai 放克泰拳 Fung 12:30-13:15	
13:00							
13:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班		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 (LV1) 泰拳初級班
14:00							
14:30							
15:00						Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
15:30							
16:00							
16:30							
17:00						Muay Thai (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班
17:30							
18:00							
18:30	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 (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
19:00							
19:30	Muay Thai (LV1) 泰拳初級班 19:45-20:45	Muay Thai (LV1) 泰拳初級班 19:45-20:45	Muay Thai (LV2) 泰拳中級班 19:45-20:45	**Funky Muay Thai 放克泰拳 Fung 19:30-20:15	Muay Thai (LV2) 泰拳中級班 19:45-20:45		
20:00							
20:30							
21:00	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班	Muay Thai (LV2) 泰拳中級班		
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：2116 3363

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	11/2/2019, Mon	12/2/2019, Tue	13/2/2019, Wed	14/2/2019, Thu	15/2/2019, Fri	16/2/2019, Sat	17/2/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30				Aerial Basic 初級空中瑜伽 Carol Tai			Aerial Core 空中瑜伽核心 Fanny Lee
11:00					Detox Yoga 排毒瑜伽 JS Lee		
11:30							Yoga Stretch 伸展瑜伽 Fanny Lee
12:00		Aerial Basic 初級空中瑜伽 Isabel Siu					
12:30						Yoga Core 核心瑜伽 Karen Li 12:45-13:45	
13:00							
13:30							
14:00		Hot Slim 高溫瘦身 Wing C				Yin Yoga 陰瑜伽 Karen Li	Megadanz 熱力勁舞 Carl
14:30	Aerial Basic 初級空中瑜伽 Karen Li			Yoga Stretch 伸展瑜伽 Fanny Lee			
15:00						Capoeira Garic	
15:30					Hot Stretch 高溫伸展 JS Lee		Hatha Yoga 哈達瑜伽 Jo Chan
16:00							
16:30							Hot Stretch 高溫伸展 Jo Chan 16:45-17:45
17:00			Yin Yoga 陰瑜伽 Yokii				
17:30							
18:00		Yin Yoga 陰瑜伽 Wing C 18:15-19:15	Yoga Stretch 伸展瑜伽 Yokii 18:15-19:15				
18:30	Yoga Therapy 理療瑜伽 Jo Chan			Yin Yoga 陰瑜伽 Wing C	Aerial Basic 初級空中瑜伽 Charlie		
19:00						Aerial Basic 初級空中瑜伽 Isabel Siu	
19:30	Hot Slim 高溫瘦身 Jo Chan 19:45-20:45	Hatha Yoga 哈達瑜伽 Wing C	Hatha Yoga 哈達瑜伽 Yokii	Hatha Yoga 哈達瑜伽 Wing C 19:45-20:45	Yoga Core 核心瑜伽 Charlie 19:45-20:45		
20:00							
20:30		K-Pop 韓國流行舞蹈 Sharon 20:45-21:45	Ashtanga Yoga 阿斯湯加瑜伽 Alex Pang 20:45-21:45				
21:00	Hot Stretch 高溫伸展 Jo Chan			Yoga Therapy 理療瑜伽 Wing C	Capoeira Garic		
21:30							

泰拳課堂 Muay Thai Class							
Time/Date	18/2/2019, Mon	19/2/2019, Tue	20/2/2019, Wed	21/2/2019, Thu	22/2/2019, Fri	23/2/2019, Sat	24/2/2019, 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							
11:30							
12:00							
12:30	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 (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班		
13:00							
13:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班		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 (LV1) 泰拳初級班
14:00							
14:30							
15:00						Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
15:30							
16:00							
16:30							
17:00						Muay Thai (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班
17:30							
18:00							
18:30	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 (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
19:00							
19:30	Muay Thai (LV1) 泰拳初級班 19:45-20:45	Muay Thai (LV1) 泰拳初級班 19:45-20:45	Muay Thai (LV2) 泰拳中級班 19:45-20:45		Muay Thai (LV2) 泰拳中級班 19:45-20:45		
20:00							
20:30							
21:00	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班	Muay Thai (LV2) 泰拳中級班		
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	18/2/2019, Mon	19/2/2019, Tue	20/2/2019, Wed	21/2/2019, Thu	22/2/2019, Fri	23/2/2019, Sat	24/2/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30				Aerial Basic 初級空中瑜伽 Karen Li			Aerial Core 空中瑜伽核心 Fanny Lee
11:00							
11:30					Detox Yoga 排毒瑜伽 JS Lee		
12:00		Aerial Basic 初級空中瑜伽 Isabel Siu					Yoga Stretch 伸展瑜伽 Fanny Lee
12:30						Yoga Core 核心瑜伽 Karen Li 12:45-13:45	
13:00							
13:30							
14:00		Hot Slim 高溫瘦身 Wing C				Yin Yoga 陰瑜伽 Karen Li	Megadanz 熱力勁舞 Carl
14:30	Aerial Basic 初級空中瑜伽 Karen Li			Yoga Stretch 伸展瑜伽 Fanny Lee			
15:00						Capoeira Garic	
15:30					Hot Stretch 高溫伸展 JS Lee		Hatha Yoga 哈達瑜伽 Jo Chan
16:00							
16:30							Hot Stretch 高溫伸展 Jo Chan 16:45-17:45
17:00				Yin Yoga 陰瑜伽 Yokii			
17:30							
18:00		Yin Yoga 陰瑜伽 Wing C 18:15-19:15	Yoga Stretch 伸展瑜伽 Yokii 18:15-19:15				
18:30	Yoga Therapy 理療瑜伽 Jo Chan			Yin Yoga 陰瑜伽 Wing C	Aerial Basic 初級空中瑜伽 Charlie		
19:00						Aerial Basic 初級空中瑜伽 Isabel Siu	
19:30	Hot Slim 高溫瘦身 Jo Chan 19:45-20:45	Hatha Yoga 哈達瑜伽 Wing C	Hatha Yoga 哈達瑜伽 Yokii	Hatha Yoga 哈達瑜伽 Wing C 19:45-20:45	Yoga Core 核心瑜伽 Charlie 19:45-20:45		
20:00							
20:30		K-Pop 韓國流行舞蹈 Sharon 20:45-21:45	Ashtanga Yoga 阿斯湯加瑜伽 Alex Pang 20:45-21:45				
21:00	Hot Stretch 高溫伸展 Jo Chan			Yoga Therapy 理療瑜伽 Wing C	Capoeira Garic		
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：2116 3363

泰拳課堂 Muay Thai Class

Time/Date	25/2/2019, Mon	26/2/2019, Tue	27/2/2019, Wed	28/2/2019, Thu			
7:00							
7:30							
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12:00							
12:30	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 (LV1) 泰拳初級班			
13:00							
13:30	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV2) 泰拳中級班			
14:00							
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15:30							
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17:30							
18:00							
18:30	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 (LV1) 泰拳初級班			
19:00							
19:30	Muay Thai (LV1) 泰拳初級班 19:45-20:45	Muay Thai (LV1) 泰拳初級班 19:45-20:45	Muay Thai (LV2) 泰拳中級班 19:45-20:45	**Funky Muay Thai 放克泰拳 Fung 19:30-20:15			
20:00							
20:30							
21:00	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV3) 泰拳高級班	Muay Thai (LV3) 泰拳高級班			
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：2116 3363

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	25/2/2019, Mon	26/2/2019, Tue	27/2/2019, Wed	28/2/2019, Thu			
7:00							
7:30							
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10:00							
10:30				Aerial Basic 初級空中瑜伽 Karen Li			
11:00							
11:30							
12:00		Aerial Basic 初級空中瑜伽 Isabel Siu					
12:30							
13:00							
13:30							
14:00		Hot Slim 高溫瘦身 Wing C					
14:30	Aerial Basic 初級空中瑜伽 Karen Li			Yoga Stretch 伸展瑜伽 Fanny Lee			
15:00							
15:30							
16:00							
16:30							
17:00			Yin Yoga 陰瑜伽 Yokii				
17:30							
18:00		Yin Yoga 陰瑜伽 Wing C 18:15-19:15	Yoga Stretch 伸展瑜伽 Yokii 18:15-19:15				
18:30	Yoga Therapy 理療瑜伽 Jo Chan			Yin Yoga 陰瑜伽 Wing C			
19:00							
19:30	Hot Slim 高溫瘦身 Jo Chan 19:45-20:45	Hatha Yoga 哈達瑜伽 Wing C	Hatha Yoga 哈達瑜伽 Yokii	Hatha Yoga 哈達瑜伽 Wing C 19:45-20:45			
20:00							
20:30		K-Pop 韓國流行舞蹈 Sharon 20:45-21:45	Ashtanga Yoga 阿斯湯加瑜伽 Alex Pang 20:45-21:45				
21:00	Hot Stretch 高溫伸展 Jo Chan			Yoga Therapy 理療瑜伽 Wing C			
21:30							