

3月份課程時間表 (FAC 黃埔店)  
Class Schedule Mar (FAC Whampoa)



泰拳課堂 Muay Thai Class							
Time/Date				1/3/2019,Fri	2/3/2019,Sat	3/3/2019,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	**Sweat Time (HIIT) 高效燃脂操 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					1/3/2019,Fri	2/3/2019,Sat	3/3/2019,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 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							
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					Aerial Basic 初級空中瑜伽 Fanny Lee		
19:00						Aerial Basic 初級空中瑜伽 Isabel Siu	
19:30					Yoga Core 核心瑜伽 Fanny Lee 19:45-20:45		
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：2187 2985

泰拳課堂 Muay Thai Class

Time/Date	4/3/2019, Mon	5/3/2019, Tue	6/3/2019, Wed	7/3/2019, Thu	8/3/2019, Fri	9/3/2019, Sat	10/3/2019, 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	**Sweat Time (HIIT) 高效燃脂操 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：2187 2985

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	4/3/2019, Mon	5/3/2019, Tue	6/3/2019, Wed	7/3/2019, Thu	8/3/2019, Fri	9/3/2019, Sat	10/3/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30			Yoga Stretch 伸展瑜伽 Manish	Aerial Basic 初級空中瑜伽 Trista		Yoga Stretch 伸展瑜伽 Manish	Aerial Core 空中瑜伽核心 Trista
11:00					Detox Yoga 排毒瑜伽 JS Lee		
11:30							Yoga Stretch 伸展瑜伽 Trista
12:00		Aerial Basic 初級空中瑜伽 Isabel Siu				Yoga Core 核心瑜伽 Manish 12:45-13:45	
12:30							
13:00			Power Lunch 午餐瑜伽 Manish				
13:30							
14:00		Hot Slim 高溫瘦身 Wing C				Yin Yoga 陰瑜伽 Manish	
14:30	Aerial Basic 初級空中瑜伽 Carol Tai			Yoga Stretch 伸展瑜伽 Fanny Lee			
15:00			Power Yoga 力量瑜伽 Manish			Capoeira Garic	
15:30					Hot Stretch 高溫伸展 JS Lee		Hatha Yoga 哈達瑜伽 Jo Chan
16:00							Hot Stretch 高溫伸展 Jo Chan 16:45-17:45
16:30							
17:00			Yin Yoga 陰瑜伽 Yokii				
17:30							
18:00		Yin Yoga 陰瑜伽 Js Lee 18:15-19:15	Yoga Stretch 伸展瑜伽 Yokii 18:15-19:15			Gentle Yoga 和緩瑜伽 Manish	
18:30	Yoga Therapy 理療瑜伽 Jo Chan			Flow Yoga 流瑜伽 Wing C	Aerial Basic 初級空中瑜伽 Charlie		Aerial Basic 初級空中瑜伽 Isabel Siu
19:00							
19:30	Hot Slim 高溫瘦身 Jo Chan 19:45-20:45	Hatha Yoga 哈達瑜伽 Js Lee	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	11/3/2019, Mon	12/3/2019, Tue	13/3/2019, Wed	14/3/2019, Thu	15/3/2019, Fri	16/3/2019, Sat	17/3/2019, 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	**Sweat Time (HIIT) 高效燃脂操 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							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	11/3/2019, Mon	12/3/2019, Tue	13/3/2019, Wed	14/3/2019, Thu	15/3/2019, Fri	16/3/2019, Sat	17/3/2019, 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 Trista		Yoga Stretch 伸展瑜伽 Manish	Aerial Core 空中瑜伽核心 Carol Tai
11:00					Detox Yoga 排毒瑜伽 JS Lee		
11:30	Gentle Yoga 和緩瑜伽 Manish						Yoga Stretch 伸展瑜伽 Carol Tai
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	**Power Lunch 午餐瑜伽 Manish 13:00-13:45		Power Lunch 午餐瑜伽 Manish				
13:30							
14:00		Hot Slim 高溫瘦身 Js Lee				Yin Yoga 陰瑜伽 Karen Li	Megadanz 熱力勁舞 Carl
14:30	Aerial Basic 初級空中瑜伽 Gaile			Yoga Stretch 伸展瑜伽 Fanny Lee			
15:00			Power Yoga 力量瑜伽 Manish			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 Js Lee 18:15-19:15	Yoga Stretch 伸展瑜伽 Yokii 18:15-19:15			Gentle Yoga 和緩瑜伽 Manish	
18:30	Yoga Therapy 理療瑜伽 Jo Chan			Flow Yoga 流瑜伽 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 Js Lee	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：2187 2985

泰拳課堂 Muay Thai Class							
Time/Date	18/3/2019, Mon	19/3/2019, Tue	20/3/2019, Wed	21/3/2019, Thu	22/3/2019, Fri	23/3/2019, Sat	24/3/2019, 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	**Sweat Time (HIIT) 高效燃脂操 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							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	18/3/2019, Mon	19/3/2019, Tue	20/3/2019, Wed	21/3/2019, Thu	22/3/2019, Fri	23/3/2019, Sat	24/3/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30			Yoga Stretch 伸展瑜伽 Js Lee	Aerial Basic 初級空中瑜伽 Carol Tai		Yoga Stretch 伸展瑜伽 Manish	Aerial Core 空中瑜伽核心 Carol Tai
11:00							
11:30	Gentle Yoga 和緩瑜伽 Manish				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 Carol Tai
12:30						Yoga Core 核心瑜伽 Karen Li 12:45-13:45	
13:00	**Power Lunch 午餐瑜伽 Manish 13:00-13:45		Power Lunch 午餐瑜伽 Js Lee				
13:30							
14:00		Hot Slim 高溫瘦身 Manish				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			Power Yoga 力量瑜伽 Js Lee			Capoeira Garic	
15:30					Hot Stretch 高溫伸展 JS Lee		Hatha Yoga 哈達瑜伽 Jo Chan
16:00		Yoga Core 核心瑜伽 Manish					
16:30							Hot Stretch 高溫伸展 Jo Chan 16:45-17:45
17:00			Yin Yoga 陰瑜伽 Js Lee				
17:30							
18:00		Yin Yoga 陰瑜伽 Manish 18:15-19:15	Yoga Stretch 伸展瑜伽 Yokii 18:15-19:15				
18:30	Yoga Therapy 治療瑜伽 Jo Chan			Flow Yoga 流瑜伽 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 Manish	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 治療瑜伽 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：2187 2985

泰拳課堂 Muay Thai Class

Time/Date	25/3/2019, Mon	26/3/2019, Tue	27/3/2019, Wed	28/3/2019, Thu	29/3/2019, Fri	30/3/2019, Sat	31/3/2019, Sun
7:00							
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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 (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	25/3/2019, Mon	26/3/2019, Tue	27/3/2019, Wed	28/3/2019, Thu	29/3/2019, Fri	30/3/2019, Sat	31/3/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30			Yoga Stretch 伸展瑜伽 Js Lee	Aerial Basic 初級空中瑜伽 Carol Tai			Aerial Core 空中瑜伽核心 Carol Tai
11:00							
11:30	Gentle Yoga 和緩瑜伽 Manish				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 Carol Tai
12:30						Yoga Core 核心瑜伽 Karen Li 12:45-13:45	
13:00	**Power Lunch 午餐瑜伽 Manish 13:00-13:45			Power Lunch 午餐瑜伽 Js Lee			
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				Power Yoga 力量瑜伽 Js Lee		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 Js Lee		Gentle Yoga 和緩瑜伽 Manish	
17:30							
18:00		Yin Yoga 陰瑜伽 Manish 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			Flow Yoga 流瑜伽 Wing C	Aerial Basic 初級空中瑜伽 Fanny Lee		
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 Manish	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 Manish 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)  
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