

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	
11:00					
11:30					
12:00					
12:30		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	**Sweat Time (HIT) 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	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 (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		**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 (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	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		Aerial Basic 初級空中瑜伽 Karen Li			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		Yoga Stretch 伸展瑜伽 Fanny Lee			
15:00				Capoeira Garic	
15:30			Hot Stretch 高溫伸展 JS Lee		Hatha Yoga 2 哈達瑜伽 2 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 Js Lee			
17:30		Yoga Stretch 伸展瑜伽 Carol Tai 18:15-19:15			
18:00					
18:30			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		Hatha Yoga 哈達瑜伽 Carol Tai	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		Ashtanga Yoga 阿斯湯加瑜伽 Alex Pang 20:45-21:45			
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	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	
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	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				Aerial Basic 初級空中瑜伽 Karen Li			Aerial Core 空中瑜伽核心 Carol Tai
11:00					Detox Yoga 排毒瑜伽 JS Lee		
11:30							
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							
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 2 哈達瑜伽 2 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			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 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			Zumba 森巴 Aerith	Capoeira Garic		
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	
11:00							
11:30							
12:00							
12:30		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	**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 (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 (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 (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 (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	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				Aerial Basic 初級空中瑜伽 Karen Li			Aerial Core 空中瑜伽核心 Carol Tai
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 Carol Tai
12:30						Yoga Core 核心瑜伽 Karen Li 12:45-13:45	
13:00				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 2 哈達瑜伽 2 Jo Chan
16:00		Power Yoga 力量瑜伽 Manish					
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 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 Ringo Wong		
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 Ringo Wong 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			Zumba 森巴 Aerith	Capoeira Garic		
21:30							

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	
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	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				Aerial Basic 初級空中瑜伽 Karen Li			Aerial Core 空中瑜伽核心 Carol Tai
11:00							
11:30					Detox Yoga 排毒瑜伽 Js Lee		
12:00		Aerial Basic 初級空中瑜伽 Carol Tai					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			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		Yoga Core 核心瑜伽 Manish			Hot Stretch 高溫伸展 Js Lee		Hatha Yoga 2 哈達瑜伽 2 Jo Chan
16:00							
16:30		Yoga Core 核心瑜伽 Manish 16:45-17:45					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 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 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			Zumba 森巴 Aerith	Capoeira Garic		
21:30							

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					
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
14:00					
14:30					
15:00					
15:30					
16:00					
16:30					
17:00					
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
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	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				Aerial Basic 初級空中瑜伽 Karen Li	
11:00					
11:30	Gentle Yoga 和緩瑜伽 Manish				Detox Yoga 排毒瑜伽 Carol
12:00		Aerial Basic 初級空中瑜伽 Isabel Siu			
12:30					
13:00	Power Lunch 午餐瑜伽 Manish		Power Lunch 午餐瑜伽 Js Lee		
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			Power Yoga 力量瑜伽 Js Lee		
15:30		Power Yoga 力量瑜伽 Manish			Hot Stretch 高溫伸展 Js Lee
16:00					
16:30					
17:00			Yin Yoga 陰瑜伽 Yokii		
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 Charlie
19:00					
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			Zumba 森巴 Aerith	Capoeira Garic
21:30					