

6月份課程時間表 (FAC 黃埔店)
Class Schedule Jun (FAC Whampoa)



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						
11:30						
12:00						
12:30					**Sweat Time (HIIT) 高效燃脂操 Fung 12:30-13:15	
13:00						
13:30					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 (LV2) 泰拳中級班	
19:00						
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						Aerial Core 空中瑜伽核心 Carol Tai
11:00						
11:30						
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						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						
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						
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	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	
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		**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 (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：2187 2985

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					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							
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							
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	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	
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 C 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	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				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 Carol Tai		
11:30							Yoga Stretch 伸展瑜伽 Carol Tai
12:00		Aerial Basic 初級空中瑜伽 Isabel Siu				Yoga Core 核心瑜伽 Karen Li 12:45-13:45	
12:30							
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 Karen Li			
15:00						Capoeira Garic	
15:30					Hot Stretch 高溫伸展 Ringo Wong		Hatha Yoga 2 哈達瑜伽 2 Alex Pang
16:00							Hot Stretch 高溫伸展 Alex Pang 16:45-17:45
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			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	Hatha Yoga 哈達瑜伽 Emmatina 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	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	
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	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				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 Carol Tai		
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							Hatha Yoga 2 哈達瑜伽 2 Fanny Lee
16:00							
16:30							Hot Stretch 高溫伸展 Fanny Lee 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 治療瑜伽 Carol Tai			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 Carol Tai 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 Carol Tai			Zumba 森巴 Aerith	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	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	
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	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				Aerial Basic 初級空中瑜伽 Ringo Wong			Aerial Core 空中瑜伽核心 Carol Tai
11:00							
11:30					Detox Yoga 排毒瑜伽 Carol Tai		
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 Carol Tai 12:45-13:45	
13:00							
13:30							
14:00		Hot Slim 高溫瘦身 Wing C				Yin Yoga 陰瑜伽 Carol Tai	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 Manish		Hatha Yoga 2 哈達瑜伽 2 Angela
16:00							
16:30							Hot Stretch 高溫伸展 Angela 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 Manish			Flow Yoga 流瑜伽 Isabel Siu	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 Manish 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 Isabel Siu 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 Manish			Zumba 森巴 Aerith	Capoeira Garic		
21:30							