



January 2020

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地址：旺角亞皆老街16B號旺角商業大廈17樓04室(旺角地鐵站C4出口旁邊)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
11:30AM - 12:30PM			Dynamic Sculpt Yoga® 動感瘦身瑜伽 Bowie	Ashtanga Vinyasa Yoga® 八肢串連瑜伽 JS 11:00am - 12:00pm	Aerial Yoga 空中瑜伽 Yuen Yee		Aerial Yoga 空中瑜伽 Clara
12:30PM - 1:30PM		Stretch Yoga 伸展瑜伽 Cecilia	Pain Relief Yoga® 舒緩痛症瑜伽 Bowie 12:35pm - 1:35pm	Detox Health Yoga® 排毒養生瑜伽 JS 12:10pm - 1:10pm	Stretch Yoga 伸展瑜伽 Yuen Yee 12:35pm - 1:35pm		Stretch Yoga 伸展瑜伽 Clara 12:35pm - 1:35pm
1:30PM - 2:30PM		Aerial Yoga 空中瑜伽 Cecilia 1:35pm - 2:35pm				Hatha 哈達傳統瑜伽 Candice	
2:30PM - 3:30PM						Aerial Yoga 空中瑜伽 Fiona 2:35pm - 3:35pm	
6:45PM - 7:45PM	Aerial Yoga 空中瑜伽 Fiona	Beginner Yoga® 初級瑜伽 Bowie	Back Care Yoga 背部護理瑜伽 Shirley 6:30pm - 7:30pm	Wheel Yoga 瑜伽輪 Sue 6:30pm - 7:30pm	Hatha® 哈達傳統瑜伽 Bowie 6:45PM-7:45PM	Stretch Yoga 伸展瑜伽 Fiona 3:40pm - 4:40pm	
7:45PM - 8:45PM	Hatha® 哈達傳統瑜伽 Jeongseok	Vinyasa® 連串瑜伽 Bowie	Hatha 哈達傳統瑜伽 Shirley 7:30pm - 8:30pm	Full Body Sculpt Yoga® 全方位瘦身瑜伽 Sue 7:30pm - 8:30pm	Aerial Yoga 空中瑜伽 Bowie 7:45pm - 8:45pm		
8:45PM - 9:45PM	Stretch Yoga® 伸展瑜伽 Jeongseok	Pain Relief Aerial Yoga 舒緩痛症空中瑜伽 Bowie	Aerial Yoga 空中瑜伽 Fiona 8:30pm - 9:30pm	Stretch Yoga® 伸展瑜伽 Sue 8:30pm - 9:30pm	香薰睡眠瑜伽® Bowie		

1. 每堂60分鐘，所有課堂設有人數限制，請各學員盡早預約。
2. 課堂開始之前24小時不可更改或取消，課堂開始之前3小時不可以網上預約。系統會自行扣減已預約之堂數，將不獲補堂。
3. 所有課堂必須2位或以上學員預約上課，方可開課。
4. 學員請於15分鐘前到達上課地點簽到及熱身。
5. 上課時請各位學員遵守導師指導，注意安全。
6. 如課堂更換導師，本中心將不會另行通知。

課程難度

Basic	Normal	Advance
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