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地址：觀塘成業街10號電訊一代廣場10樓

Time Table				紅色 = 有變更的課堂 November 2019			
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30AM	Detox Yoga® Tanner		Stretch Yoga® Tanner	Hatha® Esther	Vinyasa® Esther		
11:00AM						孕婦瑜伽 JC	
11:30AM		Stretch Yoga Amy				Hatha Anna.L 11:15am - 12:15pm	Core Fit Andy
11:45AM			Aerial Hoop* Wing				Hatha Norma
12:00PM				都市病治療瑜伽 Christina 12:15pm - 1:15pm	Aerial Yoga Lv 1 Christina	Stretch Yoga Anna.L 12:15pm - 1:15pm	
12:30PM		Aerial Yoga Lv 1 (Male and Female) Amy	Core Fit Rex 12:45pm - 1:45pm			MFT Ivan	
12:45PM	Stretch Yoga Lemon	Thai Boxing Ivan	Aerial Yoga Lv 1 Ceci	Thai Boxing Ivan	MFT Rex	Aerial Yoga Lv 1 Ceci 12:45pm - 1:45pm	Yin Yoga Norma
1:00PM	KO8 Eric 12:45pm - 1:45pm			MFT Reggie 1:15pm - 2:15pm	Yoga Wheel Christina 1:15pm - 2:15pm	Body Combat Antony 1:15pm - 2:15pm	MFT Andy 12:45pm - 1:45pm
1:30PM				Aerial Yoga Lv 1 Christina		KO8 Rex	
1:45pm		Aerial Hoop* Wing				Stretch Yoga Ceci 2:00pm - 3:00pm	
2:00PM	Aerial Yoga Lv 1 Lemon		都市病治療瑜伽 Ceci			Thai Boxing Ivan 2:30pm - 3:30pm	Stretch Yoga Fiona
2:30PM		MFT Eric				Core Fit Man	
3:00PM						都市病治療瑜伽 Ceci	
4:30PM				MFT Rex 4:00pm-5:00pm			
6:00PM				Stretch Yoga Cherry 6:15pm - 7:15pm	Beginner Yoga Wing 5:30pm - 6:30pm		
6:15PM	Hot Yoga Wing 6:30pm - 7:30pm		動感伸展班 Osman	Jazz Funk Osman	Aerial Yoga Lv 1 Wing 6:30pm - 7:30pm		
6:30PM	MFT Man	MFT Ivan	Core Fit Eric	MFT Reggie	Muscle Pump Up Rex		
6:45PM		Hatha Kimmy 6:30pm - 7:30pm	香薰瑜伽® Bowie 6:30pm - 7:30pm				
7:00PM		Thai Boxing Yin		Thai Boxing Ivan 7:15pm - 8:15pm	Thai Boxing Ivan 7:15pm - 8:15pm		
7:15PM	Thai Boxing Yin	Core Fit Rex 7:30pm - 8:30pm	Thai Boxing Jason	Aerial Yoga Lv 1 Cherry	動感伸展班 Osman 7:30pm - 8:30pm		
7:30PM	TRX Cherrie	都市病治療瑜伽 Kimmy 7:45pm - 8:45pm	KO8 Ivan	MFT Eric	KO8 Reggie		
8:00PM	Aerial Yoga Lv 1 Wing 7:30pm - 8:30pm	Piloxing Nick	Aerial Yoga Lv 1 Bowie 7:30pm - 8:30pm				
8:15PM	Aerial Hoop* Wing 8:30pm - 9:30pm		Stretch Yoga Clara	Yin Yoga® Cherry	Jazz Funk Osman 8:30pm - 9:30pm		
8:30PM	Muscle Pump Up Eric	MFT Yin	MFT Rex	Ustix Nick 8:15pm - 9:15pm	MFT Eric		
8:45PM	Thai Boxing Cherrie	Gentle Yoga Kimmy	都市病治療瑜伽® Bowie 8:30pm - 9:30pm	Advance Thai Boxing Ivan & Yin 8:30pm - 9:30pm	Body Combat Desmond 8:30pm - 9:30pm		

注意事項：

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小時不可以更改或取消課堂，系統會自行扣減已預約之堂數，將不獲補堂。
3. 開堂前3小時不可網上預約課堂。
4. 所有課堂必須2位或以上學員預約上課，方可開課。
5. 開班後15分鐘不準進入課堂
6. 上課時請各位學員遵守導師指導，注意安全。孕婦、心臟病患者及高血壓人士不宜上Hot Yoga
7. Aerial Yoga只接受女學員報名，特別註明除外。
8. 孕婦瑜伽只適合計劃懷孕或已懷孕12週之會員參加
9. 如課堂更換導師，本中心將不會另行通知。
10. Aerial Hoop課堂,需扣兩堂課堂

[會員網上預約課堂（請按此）](#)