MY FITNESS YOGA

November 2020

查詢電話：2662 2763
WhatsApp：9097 9130
地址： 佐敦彌敦道221號同昌商業大廈10A (佐敦地鐵站C1出口向右行1分鐘SaSa旁邊)

紅色 = 有變更的課堂

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09:30AM - 10:30AM	Hatha® 哈達傳統瑜伽 Jackson						
10:30AM - 11:30AM	Stretch Yoga® 伸展瑜伽 Jackson	Stretch Yoga 伸展瑜伽 Shirley	Ashtanga Vinyasa® 八支串聯瑜伽 Jackson 10:15am-11:15am		Aerial Yoga 空中瑜伽 Hailey (Wing) 10:45am - 11:45am	Stretch Yoga® 伸展瑜伽 Hailey (Wing) 10:00am - 11:00am	
11:30AM - 12:30PM	Aerial Yoga 空中瑜伽 Hailey (Wing)	Back Care Yoga 背部護理瑜伽 Shirley	Yin Yoga 陰瑜伽 Jackson 11:15am-12:15pm	Stretch Yoga 伸展瑜伽 Ceci 12:00pm - 1:00pm	Hatha 哈達傳統瑜伽 Shirley 12:00pm - 1:00pm	Aerial Yoga 空中瑜伽 Hailey (Wing) 11:00am - 12:00pm	Ashtanga Yoga® 八支瑜伽 Oswald
12:30PM - 1:30PM	Aerial Hoop 空中吊環 Hailey (Wing)	Backending&Twisting 後仰與扭轉 Lu 1:30pm-2:30pm	Hatha 哈達傳統瑜伽 Tanner	Aerial Yoga 空中瑜伽 Ceci 1:00pm - 2:00pm	Back Care Yoga 背部護理瑜伽 Shirley 1:00pm-2:00pm	Aerial Hoop 空中吊環 Hailey (Wing) 12:00pm - 1:00pm	Yin Yoga® 陰陽伽 Oswald
1:30PM – 2:30PM		Stretch Yoga 伸展瑜伽 Lu 2:30pm-3:30pm		Vinyasa® 串聯瑜伽 Jackson 2:15pm - 3:15pm		Beginner Yoga® 初級瑜珈 Tanner 1:30pm - 2:30pm	Stretch Yoga 伸展瑜伽 Cally 1:45pm-2:45pm
2:30PM – 3:30PM		Astanga Yoga® 八支瑜伽 Jackson 5:30pm-6:30pm		Beginner Yoga® 初級瑜珈 Jackson 3:15pm - 4:15pm	Hatha® 哈達傳統瑜伽 Jackson 5:30pm - 6:30pm	Stretch Yoga® 伸展瑜伽 Tanner 2:30pm - 3:30pm	Aerial Yoga 空中瑜伽 Cally 2:45pm-3:45pm
6:30PM – 7:30PM	Stretch Yoga 伸展瑜伽 Cherry	Stretch Yoga 伸展瑜伽 Jackson	Beginner Yoga 初級瑜珈 Hailey (Wing)	Aerial Yoga 空中瑜伽 Hailey (Wing)	Stretch Yoga 伸展瑜伽 Jackson	Vinyasa® 串聯瑜伽 Tanner 3:30pm - 4:30pm	
7:30PM – 8:30PM	Aerial Yoga 空中瑜伽 Belina	Hatha 哈達傳統瑜伽 Tanner	Aerial Yoga 空中瑜伽 Hailey (Wing)	Stretch Yoga® 伸展瑜伽 Tanner	Aerial Yoga 空中瑜伽 Lu		
8:30PM – 9:30PM	Detox Yoga 排毒瑜珈 Alice	Vinyasa® 串聯瑜伽 Tanner	Stretch Yoga 伸展瑜伽 Isabel	Core & Arm® 核心和手臂訓練 Tanner	Backending&Twisting 後仰與扭轉 Lu		

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。
7. Aerial Hoop 課堂, 需扣兩堂