

Time Table					紅色=有變更的課堂	December 2020	
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30AM	Detox Yoga® Tanner		Stretch Yoga® Tanner			Yoga Wheel Anna.L 10:15am - 11:15am	Aerial Yoga Lu 10:00pm - 11:00am
11:00AM						Hatha Anna.L 11:15am - 12:15pm	Backending & twisting Lu
11:30AM		Stretch Yoga Isbel				Peach Booty Yannes	Fitness Class
11:45AM						Detox Health Yoga Jackson 11:45am - 12:45pm	
12:00PM			Aerial Hoop* Hailey (Wing) 11:45am - 12:45pm	都市病治療瑜伽 Christina 12:15pm - 1:15pm	都市病治療瑜伽 Christina 12:15pm - 1:15pm	Stretch Yoga Anna.L 12:15pm - 1:15pm	Hatha Norma 11:45am - 12:45pm
12:30PM		Aerial Yoga Lv 1 (Male and Female) Isbel	Core Fit Reggie 12:45pm - 1:45pm			MFT Ivan	
12:45PM	Stretch Yoga Lemon 12:30pm - 1:30pm	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				Yoga Wheel Christina 1:15pm - 2:15pm	Body Combat Antony 1:15pm - 2:15pm	Fitness Class 12:45pm - 1:45pm
1:30PM				Aerial Yoga Lv 1 Christina		KO8 Rex	
1:45pm						Stretch Yoga Ceci 1:45pm - 2:45pm	
2:00PM	Aerial Yoga Lv 1 Lemon		都市病治療瑜伽 Ceci			MFT Karmen 2:30pm - 3:30pm	Stretch Yoga Macy
2:30PM		MFT Eric				Thai Boxing Ivan 2:30pm - 3:30pm	
5:30PM			Yoga Wheel® Bowie 5:30pm - 6:30pm		Beginner Yoga Hailey (Wing) 5:30pm - 6:30pm	都市病治療瑜伽 Ceci 3:00pm - 4:00pm	
6:00PM		MFT Ivan 6:30pm - 7:30pm	Yogalates Cindy 6:15pm - 7:15pm	動感伸展班 Osman 6:00pm - 7:00pm	都市病治療瑜伽 Esther		
6:30PM	MFT Herman	Ashtanga Yoga Oswald	Core Fit Eric	Stretch Yoga Quail (Cherry) 6:15pm - 7:15pm	Muscle Pump Up Rex		
6:45PM	Vinaysa Hailey (Wing) 6:30pm - 7:30pm	Thai Boxing Yin 7:00pm - 8:00pm	香薰瑜伽® Bowie 6:30pm - 7:30pm	Penalty Box Reggie 6:30pm - 7:30pm	Aerial Yoga Lv 1 Hailey (Wing) 6:30pm - 7:30pm		
7:15PM	Thai Boxing Yin	Core Fit Rex 7:30pm - 8:30pm	Vinyasa Cindy 7:15pm - 8:15pm	Thai Boxing Ivan	Thai Boxing Ivan		
7:30PM	Penalty Box Ivan	Yin Yoga Oswald	KO8 Ivan	Aerial Yoga Lv 1 Quail (Cherry) 7:15pm - 8:15pm	KO8 Reggie		
8:00PM	Aerial Yoga Lv 1 Hailey (Wing) 7:30pm - 8:30pm	Piloxing Nick	Aerial Yoga Lv 1 Bowie 7:30pm - 8:30pm	MFT Eric 7:30pm - 8:30pm	Hip Opening Cally 7:30pm - 8:30pm		
8:15PM	Aerial Hoop Beginner* Hailey (Wing) 8:30pm - 9:30pm	MFT Yin 8:30pm - 9:30pm	Cardio Boxing Eric 8:30pm - 9:30pm	Yin Yoga® Quail (Cherry)	Aerial Yoga Flow Cally (Male and Female) 8:30pm - 9:30pm		
8:30PM	Muscle Pump Up Eric	Stretch Yoga Sue	MFT Rex	Hatha Belinda	MFT Herman		
8:45PM	BJJ巴西柔術 8:30pm - 10:00pm (疫情期間暫停)	Peach Booty Yannes 9:00pm - 10:00pm	Stretch Yoga Macy 8:30pm - 9:30pm	菲律賓魔杖初班 8:30pm - 10:00 pm	Peach Booty Karmen 8:30pm - 9:30pm		

注意事項：

- 每堂60分鐘，所有課堂設有人數限制，請各學員盡早預約。
- 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。
- 開堂前3小時不可網上預約課堂。
- 所有課堂必須2位或以上學員預約上課，方可開課。
- 開班後15分鐘不準進入課室
- 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
- Aerial Yoga只接受女學員報名，特別註明除外。
- 孕婦瑜伽只適合計劃懷孕或已懷孕12週之會員參加
- 如課堂更換導師，本中心將不會另行通知。
- Aerial Hoop課堂,需扣兩堂課堂

[會員網上預約課程 \(請按此\)](#)