



My Yoga

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NOV 2021
JORDAN CENTER

(Last updated : 3/11)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09:30AM - 10:30AM		Hatha (10) 哈達傳統瑜伽 Ruby				RYT 200小時瑜伽導師課程 Amy Til 14/11	RYT 200小時瑜伽導師課程 Amy Til 14/11
10:30AM - 11:30AM	Hatha (10) 哈達傳統瑜伽 Fione	Stretch Yoga (10) 伸展瑜伽 Ruby	Yin Yoga (10) 陰瑜伽 Kit 11:00am-12:00pm		Aerial Yoga (12) 空中瑜伽 Hailey (Wing) 10:45am - 11:45am		
11:30AM - 12:30AM	Stretch Yoga (10) 伸展瑜伽 Fione	Backending&Twisting (11) 後仰與扭轉 Lu 11:45am-12:45pm			Hatha (11) 哈達傳統瑜伽 Afro 12:00pm - 1:00pm		Astanga Yoga (14) 八支瑜伽 Cyrus 11:30am-12:30pm 21/11開始
12:30AM - 1:30PM		Stretch Yoga (11) 伸展瑜伽 Lu 12:45am-13:45pm	Hatha (10) 哈達傳統瑜伽 Kit 12:00pm-13:00pm		Yoga Wheel (11) 瑜伽輪 Afro 1:00pm-2:00pm		Yin Yoga (14) 陰瑜伽 Cyrus 12:30pm-13:30pm 21/11開始
1:30PM - 2:30PM				Stretch Yoga (11) 伸展瑜伽 Kit 2:15pm - 3:15pm	Restorative Yoga (11) 修復瑜伽 Afro 2:00pm-3:00pm	Beginner Yoga (14) 初級瑜珈 Tanner 1:00pm-2:00pm 20/11開始	
2:30PM - 3:30PM				Yoga Wheel (11) 瑜伽輪 Kit 3:15pm - 4:15pm		Stretch Yoga (14) 伸展瑜伽 Tanner 2:00pm-3:00pm 20/11開始	
						Vinyasa 2 (14) 連串瑜珈 2 Tanner 3:00pm-4:00pm 20/11開始	
6:30PM - 7:30PM	Stretch Yoga (14) 伸展瑜伽 Tanner	Beginner Yoga (14) 初級瑜珈 Cherry	Yoga Wheel (14) 瑜伽輪 Fione	Aerial Yoga (14) 空中瑜伽 Hailey (Wing)	Vinyasa 1 (14) 連串瑜珈 1 Tanner		
7:30PM - 8:30PM	Aerial Yoga (14) 空中瑜珈 Nicky	Stretch Yoga (14) 伸展瑜珈 Olivia	Aerial Yoga (14) 空中瑜珈 Hailey (Wing)	Stretch Yoga® (14) 伸展瑜珈 Ruby	Stretch Yoga (14) 伸展瑜珈 Tanner		
8:30PM - 9:30PM	Aerial Hoop (15) 空中吊環 Nicky	Hatha (14) 哈達傳統瑜珈 Olivia	Shoulder & Back Opening (14) 開肩背瑜珈 Hailey (Wing)	Core & Arm® (14) 核心和手臂訓練 Ruby	Hatha (14) 哈達傳統瑜珈 Tanner		

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小時內不可以網上預約。系統會自行扣減已預約之堂數，將不獲補堂。

3. 課堂須2位或以上學員預約上課，方可開課；1點後課堂需滿3人才能開班。

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，課堂點數亦不會更變。

7. Aerial Hoop 課堂，需扣兩堂。(只適用於堂數及任玩套票)

星期六、日課堂會由20/11回復正常