

11月太子

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
200小時 瑜伽導師 課程	10:30 - 11:30 Stretch Yoga 伸展瑜伽 Rachel Li	10:30 - 11:30 Yogalates 瑜伽普拉提混合 Kris	10:30 - 11:30 Fly Yoga (Beginner) 空中瑜伽(初班) Wing	10:30 - 11:30 YogaWheel(Backbending) 瑜伽輪(後彎) Lulu	10:30 - 11:30 Fly Yoga (Beginner) 空中瑜伽(初班) Trista	10:00 - 11:00 Stretch Yoga 伸展瑜伽 Rachel Li
	11:35 - 12:35 Fly Yoga (Beginner) 空中瑜伽(初班) Rachel Li	11:35 - 12:35 Pilates Stretch 普拉提伸展 Kris	11:35 - 12:35 Stretch Yoga 伸展瑜伽 Wing	11:35 - 12:35 Stretch & Slim Yoga 伸展及修身瑜伽 Lulu	11:35 - 12:35 Slim Yoga 修身瑜伽 Trista	11:10 - 12:10 Fly Yoga (Stretch) 空中瑜伽(伸展) Rachel Li
	14:00 - 15:00 Deep Stretch 深層伸展(肌肉和呼吸的配合) Tan Sir	14:30 - 15:30 Slim Yoga 修身瑜伽 Rachel Li	14:30 - 15:30 Fly Yoga (Stretch) 空中瑜伽(伸展) Zoe Fong	14:30 - 15:30 Stretch Yoga 伸展瑜伽 Ceci	14:30 - 15:30 Fly Yoga (Beginner) 空中瑜伽(初班) Zoe Fong	12:20 - 13:20 Slim Yoga 修身瑜伽 Rachel Li
15:10 - 16:10 Power Yoga 力量瑜伽(鎖印的力量) Tan Sir	15:35 - 16:35 Fly Yoga (Beginner) 空中瑜伽(初班) Rachel Li	15:35 - 16:35 Yoga Wheel 瑜伽輪 Zoe Fong	15:35 - 16:35 Fly Yoga (Beginner) 空中瑜伽(初班) Ceci	15:35 - 16:35 Stretch Yoga 伸展瑜伽 Zoe Fong	13:30 - 14:30 Fly Yoga (Beginner) 空中瑜伽(初班) Ceci	
	18:25 - 19:25 Fly Yoga (Beginner) 空中瑜伽(初班) Ceci	18:25 - 19:25 Relaxation in Fascia 筋膜放鬆瑜伽 Joey	18:25 - 19:25 Fly Yoga (Beginner) 空中瑜伽(初班) Kam	18:25 - 19:25 Yoga Asana for Beginner 瑜伽式子初班 Joey	18:25 - 19:25 Yoga Wheel 瑜伽輪 Wing	14:40 - 15:40 Yoga Wheel 瑜伽輪 Ceci
	19:35 - 20:35 Deep Stretch 深層伸展(肌肉和呼吸的配合) Tan Sir	19:35 - 20:35 Vinyasa Flow 串流瑜伽 Tan Sir	19:35 - 20:35 Slim Yoga 修身瑜伽 Kam	19:35 - 20:35 Fly Yoga (Stretch & Core) 空中瑜伽(伸展及核心) Tan Sir	19:35 - 20:35 Fly Yoga (Beginner) 空中瑜伽(初班) Wing	
	20:45 - 22:00 Ashtanga 1 Yoga (Primary Series) Tan Sir	20:45 - 21:45 Fly Yoga (Stretch & Core) 空中瑜伽(伸展及核心) Tan Sir	20:45 - 21:45 Stretch Yoga 伸展瑜伽 Kam	20:45 - 22:00 Core Flow Yoga 核心練習 Tan Sir	20:45 - 21:45 Fly Yoga (Beginner) 空中瑜伽(初班) Wing	



● 所有顏色套票均可預約此課堂

● 藍色及橙色套票方可預約此課堂

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11月觀塘

課室 A



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 - 11:30 Dance Fitness 燃脂舞蹈 Kimmy	10:30 - 11:30 Fly Yoga (Beginner) 空中瑜伽(初班) Wing		10:30 - 11:30 Fly Yoga (Beginner) 空中瑜伽(初班) Ceci		10:30 - 11:30 Fly Yoga (Beginner) 空中瑜伽(初班) Wing	10:30 - 11:30 Fly Yoga (Stretch) 空中瑜伽(伸展) Ceci
11:35 - 12:35 Body Weight Exercise 增肌健美訓練 Kimmy	11:35 - 12:35 Stretch Yoga 伸展瑜伽 Wing		11:35 - 12:35 Yoga Wheel 瑜伽輪 Ceci		11:35 - 12:35 Slim Yoga 修身瑜伽 Wing	11:35 - 12:35 Fly Yoga (Beginner) 空中瑜伽(初班) Ceci
12:45 - 13:45 Yoga Wheel 瑜伽輪 Ceci						12:40 - 13:40 Fly Yoga (Stretch & Core) 空中瑜伽(伸展及核心) Tan Sir
14:00 - 15:00 Fly Yoga (Stretch) 空中瑜伽(伸展) Ceci	17:15 - 18:15 Yoga Wheel 瑜伽輪 Wing				17:15 - 18:15 Slim Yoga 修身瑜伽 Lulu	13:45 - 15:00 Ashtanga 1 Yoga (呼吸 鎖印的秘密) Tan Sir
	18:25 - 19:25 Slim Yoga 修身瑜伽 Wing	18:25 - 19:25 Yoga Wheel (Backbending) 瑜伽輪(後彎) Rachel Li	18:25 - 19:25 Pilates Fitness Multi-level 普拉提健身 Jolene	18:25 - 19:25 Bungee Fit Kam	18:25 - 19:25 Yoga Wheel (Backbending) 瑜伽輪(後彎) Lulu	15:00 - 16:00 Stretch & Therapy Yoga 伸展及療癒瑜伽 Tan Sir
	19:35 - 20:35 Fly Yoga (Beginner) 空中瑜伽(初班) Wing	19:35 - 20:35 Fly Yoga (Stretch) 空中瑜伽(伸展) Rachel Li	19:35 - 20:35 Pilates Fitness Fundamental 普拉提健身(初階) Jolene	19:35 - 20:35 Bungee Fit Kam	19:35 - 20:35 Stretch Yoga 伸展瑜伽 Lulu	200小時 瑜伽導師 課程
	20:45 - 21:45 Fly Yoga (Beginner) 空中瑜伽(初班) Wing	20:45 - 21:45 Stretch Yoga 伸展瑜伽 Rachel Li	20:45 - 21:45 Fly Yoga (Stretch & Core) 空中瑜伽(伸展及核心) Tan Sir	20:45 - 21:45 Bungee Fit Kam	20:45 - 21:45 Vinyasa Yoga - Basic Inversion 串流瑜伽(倒立初班) Lulu	

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11月觀塘

課室 B



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:40 - 11:40 Slim Yoga 修身瑜伽 Yammie			10:30 - 11:30 Dance Fitness 燃脂舞蹈 Kimmy	10:30 - 11:30 Yogalates 瑜伽普拉提混合 Kris	10:30 - 11:30 TRX TRX 懸掛式修身運動班 Sandy	10:40 - 11:40 Beginner Pilates 初階普拉提 Yannis
11:50 - 12:50 Fly Yoga (Beginner) 空中瑜伽(初班) Bella			11:35 - 12:35 Body Weight Exercise 增肌健美訓練 Kimmy	11:35 - 12:35 Pilates Stretch 普拉提伸展 Kris	11:45 - 12:45 HIIT& Stretch HIIT 爆汗消脂及伸展舒緩班 Sandy	11:50 - 12:50 Beginner Pilates 初階普拉提 Yannis
13:00 - 14:00 Stretch Yoga 伸展瑜伽 Debby						13:00 - 14:00 Stretch Yoga 伸展瑜伽 Joe Sir
14:10 - 15:10 Yogalatis 瑜伽普拉提混合 Cindy			17:30 - 18:30 Dance Fitness 燃脂舞蹈 Kimmy			14:10 - 15:10 Fly Yoga (Beginner) 空中瑜伽(初班) Cici Wan
15:20 - 16:20 Stretch Yoga 伸展瑜伽 Joyce	18:15 - 19:15 Fly Yoga (Beginner) 空中瑜伽(初班) Tim		18:40 - 19:40 Body Weight Exercise 增肌健美訓練 Kimmy	18:15 - 19:15 Yoga Wheel 瑜伽輪 Ceci		15:20 - 16:20 Yoga Therapy 療癒瑜伽 Cici Wan
16:30 - 17:30 Fly Yoga (Beginner) 空中瑜伽(初班) Joyce	19:25 - 20:25 Yin Yang Yoga 陰陽瑜伽 Franki Sir	19:25 - 20:25 Stretch Yoga 伸展瑜伽 Kate	19:55 - 20:55 TRX TRX 懸掛式修身運動班 Hei Sir	19:25 - 20:25 Slim Yoga 修身瑜伽 Ceci	19:25 - 20:25 Fly Yoga (Beginner) 空中瑜伽(初班) Carmen	
	20:35 - 21:35 Relaxing Stretch Yoga 舒緩伸展瑜伽 Franki Sir		21:00 - 22:00 TRX TRX 懸掛式修身運動班 Hei Sir	20:35 - 21:35 Fly Yoga (Beginner) 空中瑜伽(初班) Ceci	20:35 - 21:35 Stretch Yoga 伸展瑜伽 Carmen	

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