

10月太子

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 11:00 Yogalates 瑜伽普拉提混合▲ Cindy	10:00 - 11:00 Barre Workout 芭蕾塑身訓練 Eva	10:00 - 11:00 Yoga for Upper Body 肩頸背護理瑜伽▲ Katherine	10:00 - 11:00 Fly Yoga (Therapy) 低空療癒瑜伽 Wing	10:00 - 11:00 Yoga Wheel 瑜伽輪 Trista	10:00 - 11:00 Yoga for Lower Body 髖臀腿護理瑜伽 Ceci	10:00 - 11:00 Stretch Yoga 伸展瑜伽 Rachel Li
11:10 - 12:10 Pilates (Mat) 普拉提 Cindy	11:10 - 12:10 Yoga for Beginner 基礎瑜伽 Eva	11:10 - 12:10 Slim & Detox Yoga 修身排毒瑜伽 Katherine	11:10 - 12:10 Yin Yang Yoga 陰陽瑜伽 Wing	11:10 - 12:10 Fly Yoga (Therapy) 低空療癒瑜伽 Trista	11:10 - 12:10 Pilates (Mat) 普拉提 Ceci	11:10 - 12:10 Fly Yoga (All Level) 空中瑜伽(所有程度) Rachel Li
工作坊及導師課程	14:30 - 15:30 Boxing Workout 拳擊塑身訓練 Grace Tse	14:00 - 15:00 Yoga for Lower Body 髖臀腿護理瑜伽 Molly	14:00 - 15:00 Yogalates 瑜伽普拉提混合 Cindy	14:00 - 15:00 Pilates (Mat) 普拉提 Ceci	14:00 - 15:00 Yoga Wheel 瑜伽輪 Lulu	12:20 - 13:20 Slim & Detox Yoga 修身排毒瑜伽 Rachel Li
	15:40-16:40 Myofascial Relaxation 肌筋膜放鬆 Grace Tse	15:10 - 16:10 Yoga for Beginner 基礎瑜伽 Molly	15:10 - 16:10 Yoga for Upper Body 肩頸背護理瑜伽 Cindy	15:10 - 16:10 Fly Yoga (All Level) 空中瑜伽(所有程度) Ceci	15:10 - 16:10 Yin Yang Yoga 陰陽瑜伽 Lulu	
	18:25 - 19:25 Slim & Detox Yoga 修身排毒瑜伽 Trista	18:25 - 19:25 Yoga for Beginner 基礎瑜伽▲ Koni	18:25 - 19:25 Fly Yoga (Beginner) 空中瑜伽初班 Kam	18:25 - 19:25 Yoga for Beginner 基礎瑜伽▲ Koni	18:25 - 19:25 Yoga Wheel 瑜伽輪 Wing	
	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 & Detox Yoga 修身排毒瑜伽 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) 阿斯坦加瑜伽(一)初級序列 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 Gentle Stretch with Sining Bowl 頌鉢舒眠伸展▲ Kam	20:45 - 22:00 Charka Yoga 七輪氣脈瑜伽 Tan Sir	20:45 - 21:45 Fly Yoga (All Level) 空中瑜伽(所有程度) 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

● 橙色套票方可預約此課堂

▲ 孕婦適合課堂
參加前請先向醫生了解身體狀況是否適合



工作坊及導師課程

10

月 觀塘

課室 A



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

200小時
瑜伽導師
課程

12:45 - 13:45
Yin Yang Vinyasa Yoga
陰陽流瑜伽
Tan Sir

13:55 - 14:55
Gentle Vinyasa Yoga
和緩流瑜伽
Tan Sir

200小時
瑜伽導師
課程

10:00 - 11:00
Fly Yoga (Therapy)
低空療癒瑜伽
Wing

11:10 - 12:10
Yin Yang Yoga NEW
陰陽瑜伽
Wing

14:00 - 15:00
Yogalates
瑜伽普拉提混合
Cindy

15:10 - 16:10
Yoga for Upper Body NEW
肩頸背護理瑜伽
Cindy

18:25 - 19:25
Yoga Wheel
瑜伽輪
Wing

19:35 - 20:35
Fly Yoga (All Level)
空中瑜伽(所有程度)
Wing

20:45 - 21:45
Yoga for Upper Body NEW
肩頸背護理瑜伽
Wing

18:25 - 19:25
Stretch Yoga
伸展瑜伽
Ceci

19:35 - 20:35
Fly Yoga (Beginner)
空中瑜伽初班
Ceci

20:45 - 21:45
Pilates (Mat)
普拉提
Ceci

10:00 - 11:00
Fly Yoga (Beginner)
空中瑜伽初班
Ceci

11:10 - 12:10
Yoga Wheel
瑜伽輪
Ceci

14:00 - 15:00
Pilates (Mat)
普拉提
Ceci

15:10 - 16:10
Yoga for Lower Body NEW
髖臀腿護理瑜伽
Ceci

18:25 - 19:25
Pilates (Mat)
普拉提
Ceci

19:35 - 20:35
Pilates (Mat)
普拉提
Ceci

20:45 - 21:45
Fly Yoga (Stretch & Core)
空中瑜伽(伸展及核心)
Tan Sir

10:00 - 11:00
Slim & Detox Yoga
修身排毒瑜伽
Phorbe

11:10 - 12:10
Yin Yoga NEW
陰瑜伽
Phoebe

14:00 - 15:00
Fly Yoga (Beginner)
空中瑜伽初班
Trista

15:10 - 16:10
Yoga Wheel
瑜伽輪
Trista

18:25 - 19:25
Bungee Fit
Kam

19:35 - 20:35
Bungee Fit
Kam

20:45 - 21:45
Bungee Fit
Kam

10:00 - 11:00
Fly Yoga (Beginner)
空中瑜伽初班
Wing

11:10 - 12:10
Yoga Therapy on Wheel
瑜伽輪(療癒)▲
Wing

14:00 - 15:00
Slim & Detox Yoga
修身排毒瑜伽
Kam

15:10 - 16:10
Basic Back Bend
基礎後彎
Kam

18:25 - 19:25
Slim & Detox Yoga
修身排毒瑜伽
Zoe

19:35 - 20:35
Fly Yoga (All Level)
空中瑜伽(所有程度)
Zoe

20:45 - 21:45
Yoga for Lower Body NEW
髖臀腿護理瑜伽
Zoe

09:30 - 10:30
Animal Flow
仿動物型態健身
Grace Lam

10:40 - 11:40
Zumba Dance NEW
帶氧森巴舞
Carson Sir

11:50 - 12:50
Fly Yoga (Stretch & Core)
空中瑜伽(伸展及核心)
Tan Sir

13:00 - 14:00
Stretch & Therapy Yoga
伸展及療癒瑜伽
Tan Sir

14:05 - 15:20
Ashtanga 1 Yoga
阿斯坦加瑜伽(一)
呼吸鎖印配合
Tan Sir

200小時
瑜伽導師
課程

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10月觀塘

課室 B



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 11:00 Zumba Dance 帶氧森巴舞 Carson Sir	10:00 - 11:00 Pilates (Mat) 普拉提 Ceci	200小時 瑜伽導師 課程	11:10 - 12:10 Body Weight Exercise 增肌健美訓練 Kenny Sir	10:00 - 11:00 Yogalates 瑜伽普拉提混合▲ Cindy	10:00 - 11:00 Boxing Workout 拳擊塑身訓練 Grace Tse	10:00 - 11:00 Yoga Wheel 瑜伽輪 Ceci
11:10 - 12:10 Body Weight Exercise 增肌健美訓練 Kenny Sir			11:10 - 12:10 Pilates (Mat) 普拉提 Cindy		11:10 - 12:10 Fly Yoga (Beginner) 空中瑜伽初班 Ceci	
12:20 - 13:20 Yoga Wheel 瑜伽輪 Ceci					12:20 - 13:20 Pilates (Mat) 普拉提 Ceci	
13:30 - 14:30 Fly Yoga (All Level) 空中瑜伽(所有程度) Ceci					13:30 - 14:30 Yoga for Lower Body 髖臀腿護理瑜伽 Ceci	
14:40 - 15:40 Yogalates 瑜伽普拉提混合▲ Cindy	18:30 - 19:30 Myofascial Relaxation 肌筋膜放鬆 Phoebe		18:30 - 19:30 Basic Arm Balance 基礎手平衡 Kam	18:50 - 19:50 TRX Training TRX 修身訓練 Hei Sir	18:30 - 19:30 Yoga Wheel 瑜伽輪 Ceci	18:30 - 19:30 Yin Yang Yoga 陰陽瑜伽 Lulu
15:50 - 16:50 Pilates (Mat) 普拉提 Cindy	19:40 - 20:40 Yin Yang Yoga 陰陽瑜伽 Phoebe	19:40 - 20:40 Bacic Back Bending 基礎後彎 Kam	19:55 - 20:55 TRX Training TRX 修身訓練 Hei Sir	19:40 - 20:40 Pilates (Mat) 普拉提 Ceci	19:40 - 20:40 Yoga Wheel 瑜伽輪 Lulu	15:50 - 16:50 Myofascial Relaxation 肌筋膜放鬆 Phoebe
	20:50 - 21:50 Gentle Stretch With Singing Bowl 頌鉢舒眠伸展 Phoebe	20:50 - 21:50 Fly Yoga (All Level) 空中瑜伽(所有程度) Kam	21:00 - 22:00 TRX Stretch TRX 伸展班 Hei Sir	20:50 - 21:50 Stretch Yoga 伸展瑜伽▲ Ceci	20:50 - 21:50 Bacic Inversion 基礎倒立 Lulu	17:00 - 18:00 Gentle Stretch With Singing Bowl 頌鉢舒眠伸展 Phoebe

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