

6月 / 太子

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

導師課程

工作坊及導師課程

10:00 - 11:00	<b>Stretch Yoga</b> 伸展瑜伽 Trista
11:10 - 12:10	<b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Trista
14:00 - 15:00	<b>Yogalatis</b> 瑜伽普拉提混合 Cindy
15:10 - 16:10	<b>Pilates (Mat)</b> 普拉提 Cindy
18:25 - 19:25	<b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Trista
19:35 - 20:35	<b>Deep Stretch</b> 深層伸展(肌肉和呼吸的配合) Tan Sir
20:45 - 22:00	<b>Ashtanga 1 Yoga</b> (Primary Series) Tan Sir

10:00 - 11:00	<b>Back &amp; Shoulder Care</b> 肩背護理瑜伽▲ Katherine
11:10 - 12:10	<b>YogaWheel</b> 瑜伽輪 Katherine
14:00 - 15:00	<b>Slim Yoga</b> 修身瑜伽 Kam
15:10 - 16:10	<b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Kam
18:25 - 19:25	<b>Relaxation in Fascia</b> 筋膜放鬆瑜伽▲ Koni
19:35 - 20:35	<b>Vinyasa Flow</b> 串流瑜伽 Tan Sir
20:45 - 21:45	<b>Fly Yoga (Stretch &amp; Core)</b> 空中瑜伽(伸展及核心) Tan Sir

10:00 - 11:00	<b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Wing
11:10 - 12:10	<b>Stretch Yoga</b> 伸展瑜伽 Wing
14:00 - 15:00	<b>Fly Yoga (Stretch)</b> 空中瑜伽(伸展) Zoe
15:10 - 16:10	<b>Yoga Wheel</b> 瑜伽輪 Zoe
18:25 - 19:25	<b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Kam
19:35 - 20:35	<b>Slim Yoga</b> 修身瑜伽 Kam
20:45 - 21:45	<b>Back Care and Bending</b> 背部舒緩與後彎練習 Kam

10:00 - 11:00	<b>YogaWheel</b> 瑜伽輪 Lulu
11:10 - 12:10	<b>Yin Yang Yoga</b> 陰陽瑜伽 Lulu
14:00 - 15:00	<b>Stretch Yoga</b> 伸展瑜伽 Ceci
15:10 - 16:10	<b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Ceci
18:25 - 19:25	<b>Yoga Asana for Beginner</b> 瑜伽式子初班▲ Koni
19:35 - 20:35	<b>Fly Yoga (Stretch &amp; Core)</b> 空中瑜伽(伸展及核心) Tan Sir
20:45 - 21:45	<b>Core Flow Yoga</b> 核心練習 Tan Sir

10:00 - 11:00	<b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Trista
11:10 - 12:10	<b>Slim Yoga</b> 修身瑜伽 Trista
14:00 - 15:00	<b>Pilates (Mat)</b> 普拉提▲ Ceci
15:10 - 16:10	<b>Yoga Wheel</b> 瑜伽輪 Ceci
18:25 - 19:25	<b>Yoga Wheel</b> 瑜伽輪 Wing
19:35 - 20:35	<b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Wing
20:45 - 21:45	<b>Fly Yoga (Stretch)</b> 空中瑜伽(伸展) Wing

10:00 - 11:00	<b>Stretch Yoga</b> 伸展瑜伽 Rachel Li
11:10 - 12:10	<b>Fly Yoga (Stretch)</b> 空中瑜伽(伸展) Rachel Li
12:20 - 13:20	<b>Slim Yoga</b> 修身瑜伽 Rachel Li



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



6月觀塘

課室 A



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
200小時 瑜伽導師 課程	10:00 - 11:00 <b>Fly Yoga (Stretch)</b> 空中瑜伽(伸展) Wing		10:00 - 11:00 <b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Ceci	10:00 - 11:00 <b>Slim &amp; Detox Yoga</b> 修身排毒瑜伽 Maggie	10:00 - 11:00 <b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Wing	10:15 - 11:15 <b>Animal Flow</b> <span>NEW</span> 仿動物型態健身 Grace	
	11:10 - 12:10 <b>Stretch Yoga</b> 伸展瑜伽 Wing		11:10 - 12:10 <b>Yoga Wheel</b> 瑜伽輪 Ceci	11:10 - 12:10 <b>Yoga for Neck &amp; Shoulders</b> 肩頸伸展瑜伽 Maggie	11:10 - 12:10 <b>Yoga Therapy on Wheel</b> 瑜伽輪(療愈) Wing	11:50 - 12:50 <b>Fly Yoga (Stretch &amp; Core)</b> 空中瑜伽(伸展及核心) Tan Sir	
	12:45 - 13:45 <b>Deep Stretch</b> 深層伸展 (肌肉和呼吸的配合) Tan Sir						13:00 - 14:00 <b>Stretch &amp; Therapy Yoga</b> 伸展及療愈瑜伽 Tan Sir
	13:55 - 14:55 <b>Power Yoga</b> 力量瑜伽(鎖印的力量) Tan Sir			17:25 - 18:25 <b>Zumba Dance</b> <span>NEW</span> 帶氧森巴舞 Kimmy			14:05 - 15:20 <b>Ashtanga 1 Yoga</b> (呼吸 鎖印的秘密) Tan Sir
15:05 - 16:05 <b>Stretch Yoga</b> 伸展瑜伽 Trista	18:25 - 19:25 <b>Yoga Wheel</b> <span>NEW</span> 瑜伽輪 Wing	18:25 - 19:25 <b>Stretch Yoga</b> 伸展瑜伽 Ceci	18:30 - 19:30 <b>Pilates (Mat)</b> 普拉提 Ceci	18:25 - 19:25 <b>Bungee Fit</b> Kam	<b>NEW NEW NEW</b> 18:25 - 19:25 <b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Zoe	200小時 瑜伽導師 課程	
16:15 - 17:15 <b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Trista	19:35 - 20:35 <b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Wing	19:35 - 20:35 <b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Ceci	19:35 - 20:35 <b>Pilates (Mat)</b> 普拉提 Ceci	19:35 - 20:35 <b>Bungee Fit</b> Kam	19:35 - 20:35 <b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Zoe		
	20:45 - 21:45 <b>Fly Yoga (Stretch)</b> 空中瑜伽(伸展) Wing	20:45 - 21:45 <b>Pilates (Mat)</b> <span>NEW</span> 普拉提 Ceci	20:45 - 21:45 <b>Fly Yoga (Stretch &amp; Core)</b> 空中瑜伽(伸展及核心) Tan Sir	20:45 - 21:45 <b>Bungee Fit</b> Kam	20:45 - 21:45 <b>Stretch Yoga</b> 伸展瑜伽 Zoe		

● 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

6月  
觀塘

課室  
B



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 11:00 <b>Pop Dance</b> 流行曲編舞 Kimmy <span style="color: yellow;">NEW</span>			10:00 - 11:00 <b>Zumba Dance</b> 帶氧森巴舞 Kimmy <span style="color: yellow;">NEW</span>	10:00 - 11:00 <b>Yogalates</b> 瑜伽普拉提混合 Cindy	10:00 - 11:00 <b>Pilates (Mat)</b> 普拉提▲ Ceci	10:00 - 11:00 <b>Yoga Wheel</b> 瑜伽輪 Ceci <span style="color: yellow;">NEW</span>
11:10 - 12:10 <b>Body Weight Exercise</b> 增肌健美訓練 Kimmy			11:10 - 12:10 <b>Body Weight Exercise</b> 增肌健美訓練 Kimmy	11:10 - 12:10 <b>Pilates (Mat)</b> 普拉提 Cindy		11:10 - 12:10 <b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Ceci
12:20 - 13:20 <b>Yoga Wheel</b> 瑜伽輪 Ceci						12:20 - 13:20 <b>Pilates (Mat)</b> 普拉提 Ceci
13:30 - 14:30 <b>Fly Yoga (Stretch)</b> 空中瑜伽(伸展) Ceci				17:00 - 18:00 <b>Prenatal Yoga</b> 孕婦護理瑜伽▲ <span style="color: yellow;">NEW</span> Kam		13:30 - 14:30 <b>Pilates (Mat)</b> 普拉提 Ceci
14:40 - 15:40 <b>Pilates (Mat)</b> 普拉提 Cindy	18:30 - 19:30 <b>Myofascial Relaxation</b> 肌筋膜放鬆 Phoebe	18:30 - 19:30 <b>Core and Arm Balance</b> 核心與手平衡練習 Kam	18:50 - 19:50 <b>TRX Training</b> TRX 修身訓練 Hei Sir	18:30 - 19:30 <b>Yoga Wheel</b> 瑜伽輪 Ceci	18:30 - 19:30 <b>Yin Yang Yoga</b> 陰陽瑜伽 Lulu	14:40 - 15:40 <b>Dance Fitness</b> 燃脂舞蹈 Winky
15:50 - 16:50 <b>Yogalates</b> 瑜伽普拉提混合 Cindy	19:40 - 20:40 <b>Yin Yang Yoga</b> 陰陽瑜伽 Phoebe	19:40 - 20:40 <b>Back Care and Bending</b> 背部舒緩與後彎練習 Kam	19:55 - 20:55 <b>TRX Training</b> TRX 修身訓練 Hei Sir	19:40 - 20:40 <b>Pilates (Mat)</b> 普拉提 Ceci	19:40 - 20:40 <b>Yoga Wheel</b> 瑜伽輪 Lulu	15:50 - 16:50 <b>Myofascial Relaxation</b> 肌筋膜放鬆 Phoebe
	20:50 - 21:50 <b>Gentle Stretch With Singing Bowl</b> 頌鉢療癒與舒眠伸展 Phoebe	20:50 - 21:50 <b>Fly Yoga (Stretch)</b> 空中瑜伽(伸展) Kam	21:00 - 22:00 <b>TRX Training</b> TRX 修身訓練 Hei Sir	20:50 - 21:50 <b>Fly Yoga (Beginner)</b> 空中瑜伽(初班) Ceci	20:50 - 21:50 <b>Core &amp; Basic Inversion</b> 核心訓練及倒立初班 Lulu	17:00 - 18:00 <b>Gentle Stretch With Singing Bowl</b> 頌鉢療癒與舒眠伸展 Phoebe



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橙色套票方可預約此課堂

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