

7月太子

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 11:00 Pilates (Mat) 普拉提 Cindy NEW	10:00 - 11:00 Stretch Yoga 伸展瑜伽 Trista	10:00 - 11:00 Back & Shoulder Care 肩背護理瑜伽▲ Katherine	10:00 - 11:00 Fly Yoga (Beginner) 空中瑜伽(初班) Wing	10:00 - 11:00 Yoga Wheel 瑜伽輪 Trista NEW	10:00 - 11:00 Fly Yoga (Beginner) 空中瑜伽(初班) Ceci NEW	10:00 - 11:00 Stretch Yoga 伸展瑜伽 Rachel Li
11:10 - 12:10 Yogalates 瑜伽普拉提混合▲ Cindy NEW	11:10 - 12:10 Fly Yoga (Beginner) 空中瑜伽(初班) Trista	11:10 - 12:10 Yoga Wheel 瑜伽輪 Katherine	11:10 - 12:10 Stretch Yoga 伸展瑜伽▲ Wing	11:10 - 12:10 Fly Yoga (Beginner) 空中瑜伽(初班) Trista NEW	11:10 - 12:10 Pilates (Mat) 普拉提 Ceci NEW	11:10 - 12:10 Fly Yoga (Stretch) 空中瑜伽(伸展) Rachel Li
	14:00 - 15:00 Yogalatis 瑜伽普拉提混合▲ Cindy	14:00 - 15:00 Slim Yoga 修身瑜伽 Kam	14:00 - 15:00 Fly Yoga (Stretch) 空中瑜伽(伸展) Zoe	14:00 - 15:00 Stretch Yoga 伸展瑜伽▲ Ceci	14:00 - 15:00 Yoga Wheel 瑜伽輪 NEW Lulu	12:20 - 13:20 Slim Yoga 修身瑜伽 Rachel Li
	15:10 - 16:10 Pilates (Mat) 普拉提 Cindy	15:10 - 16:10 Fly Yoga (Beginner) 空中瑜伽(初班) Kam	15:10 - 16:10 Yoga Wheel 瑜伽輪 Zoe	15:10 - 16:10 Pilates (Mat) 普拉提 NEW Ceci	15:10 - 16:10 Yin Yang 陰陽瑜伽 NEW Lulu	
	18:25 - 19:25 Fly Yoga (Beginner) 空中瑜伽(初班) Trista	18:25 - 19:25 Relaxation in Fascia 筋膜放鬆瑜伽▲ Koni	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▲ 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 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 Back Care and Bending 背部舒緩與後彎練習 Kam	20:45 - 22:00 Charka Yoga 七輪與氣脈瑜伽 Tan Sir	20:45 - 21:45 Fly Yoga (Stretch) 空中瑜伽(伸展) Wing	

工作坊及導師課程

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● 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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 ▲ 孕婦適合課堂 參加前請先向醫生了解身體狀況是否適合

7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 Fly Yoga (Stretch) 空中瑜伽(伸展) Wing		10:00 - 11:00 Fly Yoga (Beginner) 空中瑜伽(初班) Ceci	10:00 - 11:00 Slim & Detox Yoga 修身排毒瑜伽 Maggie	10:00 - 11:00 Fly Yoga (Beginner) 空中瑜伽(初班) Wing	10:40 - 11:40 Animal Flow NEW 仿動物型態健身 Grace Lam	
		11:10 - 12:10 Stretch Yoga 伸展瑜伽▲ Wing		11:10 - 12:10 Yoga Wheel 瑜伽輪 Ceci	11:10 - 12:10 Yoga for Neck & Shoulders 肩頸伸展瑜伽 Maggie	11:50 - 12:50 Fly Yoga (Stretch & Core) 空中瑜伽(伸展及核心) Tan Sir	
	12:45 - 13:45 Deep Stretch 深層伸展(肌肉和呼吸的配合) Tan Sir	14:30 - 15:30 Prenatal Yoga NEW 孕婦護理瑜伽▲ Grace Tse				14:00 - 15:00 Slim & Detox Yoga NEW 修身排毒瑜伽 Kam	13:00 - 14:00 Stretch & Therapy Yoga 伸展及療癒瑜伽 Tan Sir
	13:55 - 14:55 Power Yoga 力量瑜伽(鎖印的力量) Tan Sir	15:40 - 16:40 Boxing Dance NEW 拳擊舞蹈 Grace Tse		17:25 - 18:25 Zumba Dance 帶氧森巴舞 Kimmy		15:10 - 16:10 Prenatal Yoga NEW 孕婦護理瑜伽▲ Kam	14:05 - 15:20 Ashtanga 1 Yoga (呼吸 鎖印的秘密) Tan Sir
	15:05 - 16:05 Fly Yoga (Beginner) 空中瑜伽(初班) Trista	18:25 - 19:25 Yoga Wheel 瑜伽輪 Wing	18:25 - 19:25 Stretch Yoga 伸展瑜伽 Ceci	18:30 - 19:30 Pilates (Mat) 普拉提 Ceci	18:25 - 19:25 Bungee Fit Kam	18:25 - 19:25 Fly Yoga (Beginner) 空中瑜伽(初班) Zoe	200小時 瑜伽導師 課程
16:15 - 17:15 Slim Yoga NEW 修身瑜伽 Trista	19:35 - 20:35 Fly Yoga (Stretch) 空中瑜伽(伸展) Wing	19:35 - 20:35 Fly Yoga (Beginner) 空中瑜伽(初班) Ceci	19:35 - 20:35 Pilates (Mat) 普拉提 Ceci	19:35 - 20:35 Bungee Fit Kam	19:35 - 20:35 Fly Yoga (Beginner) 空中瑜伽(初班) Zoe		
	20:45 - 21:45 Yin Yang NEW 陰陽瑜伽 Wing	20:45 - 21:45 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	20:45 - 21:45 Bungee Fit Kam	20:45 - 21:45 Yoga Wheel NEW 瑜伽輪 Zoe		

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7月觀塘

課室 B



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



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