

2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 Yoga for Beginner 基礎瑜伽 Helen	10:00 - 11:00 Yoga for Upper Body 肩頸背護理瑜伽 Ana	10:00 - 11:00 Fly Yoga (All Level) 空中瑜伽(所有程度) Wing	私人組班	10:00 - 11:00 Yoga Wheel 瑜伽輪 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 Wheel 瑜伽輪 Helen	11:10 - 12:10 Slim & Detox Yoga 修身排毒瑜伽 Ana	11:10 - 12:10 Yin Yang Yoga 陰陽瑜伽 Wing		11:10 - 12:10 Pilates (Mat) 普拉提 Ceci	11:10 - 12:10 Gentle Vinyasa Yoga 和緩流瑜伽 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/Ana	14:00 - 15:00 Yogalates 瑜伽普拉提混合 Cindy	私人組班	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/Ana	15:10 - 16:10 Yoga for Upper Body 肩頸背護理瑜伽 Cindy		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 Yoga 串流瑜伽 Tan Sir	19:35 - 20:35 Gentle Vinyasa Yoga 和緩流瑜伽 Kam	19:35 - 20:35 Fly Yoga (Stretch & Core) 空中瑜伽(伸展及核心) Tan Sir	19:35 - 20:35 Yin Yang 陰陽瑜伽 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 - 22:00 Yoga for Balance 平衡瑜伽 Tan Sir	20:45 - 21:45 Gentle Stretch with Sining Bowl 頌鉢舒眠伸展▲ Kam	20:45 - 21:45 Gentle Vinyasa Yoga 和緩流瑜伽 Tan Sir	20:45 - 21:45 Myofascial Relaxation 肌筋膜放鬆 Helen	



● 所有顏色套票均可預約此課堂

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▲ 孕婦適合課堂
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2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 (All Level) 空中瑜伽(所有程度) Wing	200小時 瑜伽導師 課程	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 Yoga Therapy on Wheel 瑜伽輪(療癒)▲ Wing	09:30 - 10:30 Animal Flow 仿動物型態健身 Grace Lam
	11:10 - 12:10 Yin Yang Yoga 陰陽瑜伽 Wing		11:10 - 12:10 Yoga Wheel 瑜伽輪 Ceci	11:10 - 12:10 Yoga for Upper Body 肩頸背護理瑜伽 Maggie	11:10 - 12:10 Aerial Hammock (Level 1) 吊床空中瑜伽(初階) Wing	10:40 - 11:40 Aerobic Dance 有氧舞蹈 NEW Cally
	12:45 - 13:45 Yin Yang Vinyasa Yoga 陰陽流瑜伽 Tan Sir		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 Fly Yoga (Beginner) 空中瑜伽初班 Kam	
13:55 - 14:55 Gentle Vinyasa Yoga 和緩流瑜伽 Tan Sir	15:10 - 16:10 Yoga for Upper Body 肩頸背護理瑜伽 Cindy		15:10 - 16:10 Yoga for Lower Body 髖臀腿護理瑜伽▲ Ceci	15:10 - 16:10 Yoga Wheel 瑜伽輪 Kam		13:00 - 14:00 Stretch & Therapy Yoga 伸展及療癒瑜伽 Tan Sir
	18:25 - 19:25 Yoga Wheel 瑜伽輪 Wing	18:25 - 19:25 Gentle Vinyasa Yoga 和緩流瑜伽 Kam	18:25 - 19:25 Pilates (Aerial) 空中普拉提 Ceci	18:25 - 19:25 Bungee Fit Kam	18:25-19:25 Aerial Hammock (Level 1) 吊床空中瑜伽(初階) Zoe	14:05 - 15:20 Ashtanga 1 Yoga 阿斯坦加瑜伽(一) 呼吸鎖印配合 Tan Sir
	19:35 - 20:35 Slim & Detox Yoga 修身排毒瑜伽 Wing	19:35 - 20:35 Basic Back Bending 基礎後彎 Kam	19:35 - 20:35 Pilates (Mat) 普拉提 Ceci	19:35 - 20:35 Bungee Fit Kam	19:35 - 20:35 Slim & Detox Yoga 修身排毒瑜伽 Zoe	200小時 瑜伽導師 課程
	20:45 - 21:45 Fly Yoga (All Level) 空中瑜伽(所有程度) Wing	20:45 - 21:45 Yoga for Beginner 基礎瑜伽 Kam	20:45 - 21:45 Yin Yang Yoga 陰陽瑜伽 NEW Jason Sir	20:45 - 21:45 Bungee Fit Kam	20:45 - 21:45 Yoga Wheel 瑜伽輪 Zoe	

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2月 / 觀塘

課室 B

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 11:00 Body Weight Exercise 增肌修身訓練 Kenny Sir	10:00 - 11:00 Pilates (Mat) 普拉提 Ceci		10:00 - 11:00 TRX Training TRX 修身訓練 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 TRX Training TRX 修身訓練 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					15:00 - 16:00 Pre-Natal Yoga 產前孕婦瑜伽 Grace Tse	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					16:10 - 17:10 Post-Natal Yoga 產後孕婦瑜伽 Grace Tse	13:30 - 14:30 Yoga for Lower Body 髖臀腿護理瑜伽 Olga
14:40 - 15:40 Yogalates 瑜伽普拉提混合▲ NEW Cindy	18:30 - 19:30 Pilates (Mat) 普拉提 NEW Phoebe	18:30 - 19:30 Stretch Yoga 伸展瑜伽▲ Ceci	18:25 - 19:25 Yoga Wheel 瑜伽輪 NEW Zenia	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 Pilates (Mat) 普拉提 NEW Cindy	19:40 - 20:40 Yin Yang Yoga 陰陽瑜伽 Phoebe	19:40 - 20:40 Fly Yoga (Beginner) 空中瑜伽初班 Ceci	19:35 - 20:35 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 Helen
	20:50 - 21:50 Myofascial Relaxation 肌筋膜放鬆 NEW Phoebe	20:50 - 21:50 Yoga Wheel 瑜伽輪 Ceci	20:45 - 21:45 TRX Training TRX 修身訓練 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 Vinyasa Yoga 和緩流瑜伽 NEW Helen

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