



My Yoga

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Nov 2023 JORDAN CENTER

(Last updated : 19 Oct)

紅色 = 有變更的課堂

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
09:30AM - 10:30AM	Backbending & twisting (10) 後彎與扭轉 Katy 10:00am-11:00am	Hatha® (10) 哈達傳統瑜伽® Ruby 10:00am - 11:00am	Hatha® (10) 哈達傳統瑜伽® Quail (Cherry) 10:00am-11:00am	Slim Detox Yoga® (10) 修身排毒瑜伽® Sue 10:00am - 11:00am		11月4, 5, 18, 19, 25, 26, 課室將會用作Tanner 200小時瑜伽證書課室, 當天所有課堂將會取消。 星期六Hailey的Aerial Yoga將會改去灣仔分店上課 星期日Ivy的課堂將會改去旺角上課 各位可到該分店預約課堂			
10:30AM - 11:30AM								Stretch Yoga(10) 伸展瑜伽 Katy 11:00am-12:00pm	Stretch Yoga® (10) 伸展瑜伽® Ruby 11:00am - 12:00pm
11:30AM - 12:30PM					Stretch Yoga (13) 伸展瑜伽 Ivy 11:30am-12:30pm				
12:30PM - 1:30PM					Hatha (12) 哈達傳統瑜伽® Tanner 12:15pm - 1:15pm				Wheel Yoga (13) 瑜伽輪 Ivy 12:30pm-1:30pm
1:30PM - 2:30PM					Relaxing Stretch Yoga®(12) 減壓伸展瑜伽® Tanner 1:15pm-2:15pm			Beginner Yoga (12) 初級瑜珈 Tanner 1:00pm-2:00pm	Aerial Hoop Foundation (13) 初階空中吊環 Cee 1:45pm-2:45pm
2:30PM - 3:30PM								Stretch Yoga (14) 伸展瑜伽 Tanner 2:00pm-3:00pm	
6:30PM - 7:30PM	Stretch Yoga (14) 伸展瑜伽 Tanner 6:30pm - 7:30pm	Beginner Yoga (12) 初級瑜珈 Kiki 6:30pm - 7:30pm	Gentle Flow Yoga (12) 溫和流動瑜珈 Olivia 6:30 - 7:30pm	Aerial Yoga Beginner (12) 初級空中瑜珈 Hailey (Wing) 6:30pm - 7:30pm	Wheel Yoga (14) 瑜伽輪 Stella 6:30pm - 7:30pm	Core & Arm® (14) 核心和手臂訓練® Tanner 3:00pm-4:00pm			
7:30PM - 8:30PM	Hatha (17) 哈達傳統瑜珈 Tanner 7:30pm-8:45pm	Stretch Yoga (13) 伸展瑜珈 Kiki 7:30 - 8:30pm	Stretch Yoga (13) 伸展瑜珈 Olivia 7:30 - 8:30pm	Stretch Yoga (14) 伸展瑜珈 Hailey (Wing) 7:30pm - 8:30pm	Aerial Yoga (14) 空中瑜珈 Stella 7:30pm - 8:30pm				
8:30PM - 9:30PM		Aerial Yoga Beginner (12) 初級空中瑜珈 Kico 8:30pm - 9:30pm	Aerial Hoop Foundation (13) 初階空中吊環 Hailey (Wing) 8:30 - 9:30pm	Vinyasa® (14) 串聯瑜珈® Hailey (Wing) 8:30pm - 9:30pm	Aerial Hoop (16) 空中吊環 Hailey (Wing) 8:30 - 9:30pm				

- 所有課堂設有人數限制, 請各學員盡早預約。
- 課堂開始之前24小時不可更改或取消, 課堂開始之前3小時內不可以網上預約。系統會自行扣減已預約之堂數, 將不獲補堂。
- 所有課堂必須2位或以上學員預約上課, 方可開課。
- 學員請於15分鐘前到達上課地點簽到及熱身。
- 上課時請各位學員遵守導師指導, 注意安全。
- 如課堂更換導師, 本中心將不會另行通知, 課堂點數亦不會變更。
- 任玩套票不適用於Tanner佐敦課堂。
- Aerial Hoop & Sipping Hammock 課堂, 需扣兩堂。(只適用於堂數及任玩套票)