



# My Yoga

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觀塘開源道55號開聯工業中心B座5樓6-7室(觀塘地鐵站B3出口,向前直行中銀同恆生樓上)

Mar 2024  
KWUN TONG CENTER  
(Last update : 27 Feb)

紅色=有變更的課堂

| Time              | Mon  | Tue   | Wed  | Thu   | Fri   | Sat  | Sun   |
|-------------------|--|---|--|---|---|--|---|
| 10:30AM - 11:30AM |  |   |  |   |   | Wheel Yoga® (12)<br>瑜伽輪®<br>Anna,L<br>10:15am - 11:15am            | Aerial Yoga (14)<br>空中瑜伽<br>Lu<br>10:00am - 11:00am               |
| 11:30AM - 12:30AM |  | Stretch Yoga® (9)<br>伸展瑜伽®<br>Isabel<br>11:30am - 12:30pm                       |  |   |   | Hatha® (14)<br>哈達傳統瑜伽®<br>Anna.L<br>11:15am - 12:15pm              | Backbending & Twisting®<br>(14) 後仰與扭轉®<br>Lu<br>11:00am - 12:00pm |
| 11:45AM - 12:45PM | Gentle Flow (10)<br>溫和流動瑜伽<br>Natalie<br>12:15pm-1:15pm                |   |  |   |   |  |   |
| 12:30AM - 1:30PM  |  | Aerial Yoga Lv1 (10)<br>(Male and Female)<br>空中瑜伽<br>Isabel<br>12:30pm - 1:30pm |  | Hatha® (9)<br>哈達傳統瑜伽®<br>Quail(Cherry)<br>12:15pm - 1:15pm                    |   | Stretch Yoga (14)<br>伸展瑜伽<br>Anna.L<br>12:15pm - 1:15pm            |   |
| 12:45PM - 1:45PM  | Wheel Yoga (10)<br>瑜伽輪<br>Natalie<br>1:15pm-2:15pm                     |   | Aerial Yoga (10)<br>空中瑜伽<br>Ceci<br>12:45pm - 1:45pm                 |   | Hatha® (9)<br>哈達傳統瑜伽<br>Karen Tsao<br>1:00pm - 2:00pm                       | Aerial Yoga (14)<br>空中瑜伽<br>Ceci<br>1:20pm-2:20pm                  | Pilates Mixed (14)<br>Alia<br>1:00pm - 2:00pm                     |
| 1:30PM - 2:30PM   |  |   | City Ailment Therapy Yoga<br>都市病治療瑜伽 (10)<br>Ceci<br>2:00pm - 3:00pm | Aerial Yoga (10)<br>空中瑜伽<br>Quail(Cherry)<br>1:30pm - 2:30pm                  | Aerial Yoga (10)<br>空中瑜伽<br>Karen Tsao<br>2:00pm - 3:00pm                   | Stretch Yoga (14)<br>伸展瑜伽<br>Ceci<br>2:20pm-3:20pm                 |   |
| 2:30PM - 3:30PM   |  |   |  |   | Aerial Hoop (15)<br>空中吊環<br>Hailey(Wing)<br>3:00pm - 4:00pm                 | City Ailment Therapy Yoga<br>都市病治療瑜伽 (14)<br>Ceci<br>3:30pm-4:30pm |   |
|                   |  |   |  |   |   |  |   |
| 5:30PM - 6:30PM   |  |   | Wheel Yoga (12)<br>瑜伽輪<br>Yokii<br>5:30pm - 6:30pm                   |   | Beginner Yoga (12)<br>初級瑜伽<br>Hailey(Wing)<br>5:30pm - 6:30pm               |  |   |
| 6:30PM - 7:30PM   | Stretch Yoga (14)<br>伸展瑜伽<br>Hailey(Wing)<br>6:30pm - 7:30pm           | Hatha(14)<br>Alia<br>6:30pm - 7:30pm  | Aroma Yoga® (14)<br>香薰瑜伽®<br>Yokii<br>6:30pm - 7:30pm                | Stretch Yoga (14)<br>伸展瑜伽<br>Quail(Cherry)<br>6:15pm - 7:15pm                 | Aerial Yoga (14)<br>空中瑜伽<br>Hailey(Wing)<br>6:30pm - 7:30pm                 |  |   |
| 7:30PM - 8:30PM   | Aerial Yoga Lv1 (14)<br>空中瑜伽<br>Hailey(Wing)<br>7:30pm - 8:30pm        | Pilates Base (14)<br>Alia<br>7:30pm - 8:30pm                                    | Yin with Crystal Bowl (13)<br>陰瑜珈 (水晶鉢)<br>Mic<br>7:30pm - 8:30pm    | Aerial Yoga (14)<br>空中瑜伽<br>Quail(Cherry)<br>7:15pm - 8:15pm                  | Beginner Inversion & arm<br>Balance (12)<br>後仰與扭轉<br>Cee<br>7:30pm - 8:30pm |  |   |
| 8:30PM - 9:30PM   | Aerial Hoop Beginner (15)<br>初級空中吊環<br>Hailey(Wing)<br>8:30pm - 9:30pm |   | Stretch Yoga (12)<br>伸展瑜伽<br>Mic<br>8:30pm - 9:30pm                  | City Ailment Therapy Yoga<br>都市病治療瑜伽 (14)<br>Quail(Cherry)<br>8:15pm - 9:15pm | Aerial Hoop Beginner (14)<br>初級空中吊環<br>Cee<br>8:30pm - 9:30pm               |  |   |

1. 每堂60分鐘, 所有課堂設有人數限制, 請各學員盡早預約。
2. 課堂開始之前24小時不可以更改或取消課堂, 系統會自行扣減已預約之堂數, 將不獲補堂。
3. 所有課堂必須2位或以上學員預約上課, 方可開課。
4. 開班後15分鐘不準進入課堂。
5. 上課時請各位學員遵守導師指導, 注意安全。
6. Aerial Yoga只接受女學員報名, 特別註明除外。
7. 如課堂更換導師, 本中心將不會另行通知・課堂點數亦不會更改。
8. Aerial Hoop課堂,需扣兩堂課堂。(只適用於堂數及任玩套票)
9. Singing Bowl 課堂遲到不得進入,以免影響進行中的學生。