



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)

Nov 2023
KWUN TONG CENTER
(Last update : 24 Oct)

紅色=有變更的課堂

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30AM - 11:30AM						Wheel Yoga® (12) 瑜伽輪® Anna,L 10:15am - 11:15am	Aerial Yoga (14) 空中瑜伽 Lu 10:00am - 11:00am
11:30AM - 12:30AM		Stretch Yoga® (9) 伸展瑜伽® Isabel 11:30am - 12:30pm				Hatha® (14) 哈達傳統瑜伽® Anna.L 11:15am - 12:15pm	Backbending & Twisting® (14) 後仰與扭轉® Lu 11:00am - 12:00pm
11:45AM - 12:45PM	Gentle Flow (10) 溫和流動瑜伽 Natalie 12:15pm-1:15pm						
12:30AM - 1:30PM		Aerial Yoga LV1 (10) (Male and Female) 空中瑜伽 Isabel 12:30pm - 1:30pm		Hatha® (9) 哈達傳統瑜伽® Quail(Cherry) 12:15pm - 1:15pm		Stretch Yoga (14) 伸展瑜伽 Anna.L 12:15pm - 1:15pm	
12:45PM - 1:45PM	Aerial Yoga (10) 空中瑜伽 Natalie 1:15pm-2:15pm		Aerial Yoga (10) 空中瑜伽 Ceci 12:45pm - 1:45pm			Aerial Yoga (14) 空中瑜伽 Ceci 1:20pm-2:20pm	Stretch Yoga® (12) 伸展瑜伽 Vincent 12:45pm - 1:45pm
1:30PM - 2:30PM			City Ailment Therapy Yoga 都市病治療瑜伽 (10) Ceci 2:00pm - 3:00pm	Aerial Yoga (10) 空中瑜伽 Quail(Cherry) 1:30pm - 2:30pm	Hatha® (9) 哈達傳統瑜伽 Karen Tsao 1:00pm - 2:00pm	Stretch Yoga (14) 伸展瑜伽 Ceci 2:20pm-3:20pm	Myofascial Release Yogaa 鬆筋膜瑜伽 (12) Vincent 2:00pm-3:00pm
2:30PM - 3:30PM				Aerial Hoop (15) 空中吊環 Hailey(Wing) 2:45pm - 3:45pm	Aerial Yoga (10) 空中瑜伽 Karen Tsao 2:00pm - 3:00pm	City Ailment Therapy Yoga 都市病治療瑜伽 (14) Ceci 3:30pm-4:30pm	
5:30PM - 6:30PM			Wheel Yoga (12) 瑜伽輪 Yokii 5:30pm - 6:30pm		Beginner Yoga (12) 初級瑜伽 Hailey(Wing) 5:30pm - 6:30pm		
6:30PM - 7:30PM	Stretch Yoga (14) 伸展瑜伽 Hailey(Wing) 6:30pm - 7:30pm	Wheel Yoga (14) 瑜伽輪 Stella 6:30pm - 7:30pm	Aroma Yoga® (14) 香薰瑜伽® Yokii 6:30pm - 7:30pm	Stretch Yoga (14) 伸展瑜伽 Quail(Cherry) 6:15pm - 7:15pm	Aerial Yoga (14) 空中瑜伽 Hailey(Wing) 6:30pm - 7:30pm		
7:30PM - 8:30PM	Aerial Yoga Lv1 (14) 空中瑜伽 Hailey(Wing) 7:30pm - 8:30pm	Aroma Yoga® (14) 香薰瑜伽® Stella 7:30pm - 8:30pm	Yin with Crystal Bowl (13) 陰瑜珈 (水晶鉢) Mic 7:30pm - 8:30pm	Aerial Yoga (14) 空中瑜伽 Quail(Cherry) 7:15pm - 8:15pm	Beginner Inversion & arm Balance (12) 後仰與扭轉 Cee 7:30pm - 8:30pm		
8:30PM - 9:30PM	Aerial Hoop Beginner (15) 初級空中吊環 Hailey(Wing) 8:30pm - 9:30pm		Stretch Yoga (12) 伸展瑜伽 Mic 8:30pm - 9:30pm	City Ailment Therapy Yoga 都市病治療瑜伽 (14) Quail(Cherry) 8:15pm - 9:15pm	Aerial Hoop Beginner (14) 初級空中吊環 Cee 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分鐘不準進入課室。
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. 孕婦瑜伽只適合計劃懷孕或已懷孕12週之會員參加。
8. 如課堂更換導師, 本中心將不會另行通知, 課堂點數亦不會更變。
9. Aerial Hoop課堂,需扣兩堂課堂。(只適用於堂數及任玩套票)
10. Singing Bowl 課堂遲到不得進入,以免影響進行中的學生。