

Time Table

Nov-23

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					Wheel Yoga® (12) Anna.L 10:15am - 11:15am	Aerial Yoga Lvl 1(14) Lu 10:00am - 11:00am
Gentle Flow (10) Natalie 12:15pm-1:15pm	Stretch Yoga® (9) Isabel 11:30am - 12:30pm	MFT (5) William 12:30pm - 1:00pm	Hatha® (9) Quail (Cherry) 12:15pm - 13:15pm	Core · Hip & Thigh (5) Ivan 12:30pm - 1:00pm	Core · Hip & Thigh (14) Margaret 11:00am - 12:00pm	Backending & twisting® (14) Lu 11:00am - 12:00pm
Core · Hip & Thigh (5) Ivan 12:30pm - 1:00pm	Aerial Yoga Lv 1 (10) (Male and Female) Isabel 12:30pm - 1:30pm	Aerial Yoga Lv 1 (10) Ceci 12:45pm - 1:45pm	MFT (5) Ivan 12:30pm - 1:00pm	Hatha® (9) Karen 1:00pm-2:00pm	Hatha® (14) Anna.L 11:15am - 12:15pm	Thai Boxing (12) John 11:30am - 12:30pm
Thai Boxing (9) Ruj 12:45pm - 1:45pm	Thai Boxing (9) Ruj 12:45pm - 1:45pm	Thai Boxing (9) Ruj 12:45pm - 1:45pm	Thai Boxing (9) Ruj 12:45pm - 1:45pm	Thai Boxing (9) Ruj 12:45pm - 1:45pm	Thai Boxing (12) Ruj 11:30am- 12:30pm	Stretch Yoga® (12) 伸展瑜加 (12) Vincent 12:45pm - 1:45pm
KO8(TRX) (5) Ivan 1:00pm - 1:30pm		Core · Hip & Thigh (5) Ivan 1:00pm - 1:30pm	Core · Hip & Thigh (5) Ivan 1:00pm - 1:30pm	MFT (5) Will 1:00pm - 1:30pm	Stretch Yoga (14) Anna.L 12:15pm - 1:15pm	Fitness Class (14) 12:45pm - 1:45pm
Aerial Yoga (10) Natalie 1:15pm-2:15pm		都市病治療瑜加 (10) Ceci 2:00pm - 3:00pm	Aerial Yoga (10) Quail (Cherry) 1:30pm - 2:30pm	Aerial Yoga (10) Karen 2:00pm-3:00pm	MFT (15) Ivan 12:45pm - 1:45pm	Myofascial Release Yogaa 鬆筋膜瑜加(12) Vincent 2:00pm - 3:00pm
			Aerial Hoop (15) Hailey (Wing) 2:45pm - 3:45pm		Aerial Yoga Lv 1 (14) Ceci 1:20pm - 2:20pm	
Stretch Yoga (14) Hailey (Wing) 6:30pm - 7:30pm	MFT (14) Will & Ivan 6:30pm - 7:30pm	Wheel Yoga (12) Yokii 5:30pm - 6:30pm	Stretch Yoga (14) Quail (Cherry) 6:15pm - 7:15pm	Beginner Yoga (12) Hailey (Wing) 5:30pm - 6:30pm	Thai Boxing (12) Ruj 2:00pm - 3:00pm	
Thai Boxing Pad Training (14) Ruj 6:30pm - 7:30pm	Wheel Yoga 瑜加輪(14) Stella 6:30pm - 7:30pm	Thai Boxing (12) Ruj 6:15pm - 7:15pm	Thai Boxing (12) Ruj 6:15pm - 7:15pm	Aerial Yoga Lv 1 (14) Hailey (Wing) 6:30pm - 7:30pm	Stretch Yoga (14) Ceci 2:20pm - 3:20pm	
Aerial Yoga (14) Hailey (Wing) 7:30pm - 8:30pm	Thai Boxing Pad Training (14) Ruj 6:30pm - 7:30pm	Core · Hip & Thigh (14) Jaybi 6:30pm - 7:30pm	Body Pump (12) Elle 6:30pm - 7:15pm	Thai Boxing Pad Training (14) Ruj 6:30pm - 7:30pm	Thai Boxing Pad Training (14) Ruj 3:15pm - 4:15pm	
Thai Boxing (12) Yin 7:30pm - 8:30pm	Thai Boxing (12) Yin 7:30pm - 8:30pm	香薰瑜加® (14) Yokii 6:30pm - 7:30pm	Aerial Yoga (14) Quail (Cherry) 7:15pm - 8:15pm	Burn Circuit (8) Ivan 7:00pm - 7:30pm	都市病治療瑜加 (14) Ceci 3:30pm - 4:30pm	
MFT (14) Ivan 7:30pm - 8:30pm	香薰瑜加® (14) Stella 7:30pm- 8:30pm	KO8(TRX) (14) Ivan 7:30pm - 8:30pm	Thai Boxing (14) Ivan 7:15pm - 8:15pm	Beginner Inversion & Arm Balance (12) Cee 7:30pm - 8:30pm		
Aerial Hoop Beginner (15) Hailey (Wing) 8:30pm - 9:30pm	Core · Hip & Thigh (14) Margaret 7:30pm - 8:30pm	Yin with Singing Bowl (13) Mic 7:30pm - 8:30pm	MFT (14) William 7:30pm - 8:30pm	Thai Boxing (12) Ruj 7:30pm - 8:30pm		
Thai Boxing Tech & Sparring (12) Ruj 8:30pm - 9:30pm	Thai Boxing Pad Training (14) Ruj 8:30pm - 9:30pm	Thai Boxing (12) Ruj 8:30pm - 9:30pm	都市病治療瑜加® (14) Quail (Cherry) 8:15pm - 9:15pm	Body Pump (12) Dominic 7:30pm - 8:15pm		
KO8(TRX) (14) Macus 8:30pm - 9:30pm	KO8(TRX) (14) Emily C 8:30pm - 9:30pm	Stretch Yoga (12) Mic 8:30pm - 9:30pm	菲律賓魔杖初班 (15) Jasper 8:30pm - 10:00pm	HYROX Training(14) Ivan 8:30pm - 9:30pm		
	Body Combat (13) Wallace 8:30pm - 9:30pm	HYROX Training (14) Ivan 8:30pm - 9:30pm	Body Combat (12) Elle 8:30pm - 9:15pm	Aerial Hoop Beginner (14) Cee 8:30pm - 9:30pm		

注意事項:

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. 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。
8. Aerial Hoop 課堂,需扣兩堂課堂。(只適用於堂數及任玩套票)

My Fitness Booking Apps

