



My Yoga

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Feb 2024
JORDAN CENTER

(Last updated : 22 Jan)

紅色=有變更的課堂

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09:30AM - 10:30AM	Slim Detox Yoga (10) 排毒瘦身瑜伽 Katy 12:15pm-13:15pm	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			
10:30AM - 11:30AM		Stretch Yoga® (10) 伸展瑜伽® Ruby 11:00am - 12:00pm	Stretch Yoga® (10) 伸展瑜伽® Quail (Cherry) 11:00am-12:00pm	Stretch Yoga® (10) 伸展瑜伽® Sue 11:00am - 12:00pm	Aerial Yoga (12) 空中瑜伽 Hailey (Wing) 10:45am - 11:45am	Aerial Yoga (15) 空中瑜伽 Hailey 10:45am-11:45am	
11:30AM - 12:30PM							Stretch Yoga (13) 伸展瑜伽 Ivy 11:30am-12:30pm
12:30PM - 1:30PM	Shoulder and Upper Back Opening(10) 肩頸背伸展 Katy 13:15pm-14:15pm				Hatha® (12) 哈達傳統瑜伽® Tanner 12:15pm - 1:15pm	Aerial Hoop (16) 空中吊環 Hailey 11:45am-12:45pm	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			Wheel Yoga(12) 瑜伽輪 Afro 2:30pm - 3:30pm			Stretch Yoga (14) 伸展瑜伽 Tanner 2:00pm-3:00pm	
3:30PM - 4:30PM			Backbend and Inversion(12) 後彎及倒轉 Afro 3:30pm - 4:30pm			Core & Arm® (14) 核心和手臂訓練® Tanner 3:00pm-4:00pm	
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	Aroma Detox Yoga (12) 香薰排毒瑜伽 Olivia 6:30 - 7:30pm	Aerial Yoga Beginner (12) 初級空中瑜伽 Hailey (Wing) 6:30pm - 7:30pm	Wheel Yoga (13) 瑜伽輪 Katy 6:30pm - 7:30pm		
7:30PM - 8:30PM	Hatha (17) 哈達傳統瑜伽 Tanner 7:30pm-8:45pm	Stretch Yoga (13) 伸展瑜伽 Kiki 7:30 - 8:30pm	Stretch Yoga (13) 伸展瑜伽 Olivia 7:30 - 8:30pm	Stretch Yoga (14) 伸展瑜伽 Hailey (Wing) 7:30pm - 8:30pm	TRX for Slimming (14) 繩體燒脂TRX Katy 7:30pm - 8:30pm		
8:30PM - 9:30PM		Aerial Yoga Beginner (12) 初級空中瑜伽 Kico 8:30pm - 9:30pm	Aerial Hoop Foundation (13) 初階空中吊環 Hailey (Wing) 8:30 - 9:30pm	Vinyasa® (14) 串聯瑜伽® Hailey (Wing) 8:30pm - 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，課堂點數亦不會更改。
- 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）