



# My Yoga

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## Oct 2023 JORDAN CENTER

(Last updated : 19 Sep)

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) 哈達傳統瑜珈® Ruby 10:00am - 11:00am	Hatha® (10) 哈達傳統瑜珈® Quail (Cherry) 10:00am-11:00am	Slim Detox Yoga® (10) 修身排毒瑜珈® Sue 10:00am - 11:00am	Aerial Yoga (12) 空中瑜珈 Hailey (Wing) 10:45am - 11:45am	10月7, 8, 14, 15, 28, 29, 課堂將會用作Tanner 200小時瑜珈證書課堂, 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) 伸展瑜珈® Ruby 11:00am - 12:00pm	Stretch Yoga® (10) 伸展瑜珈® Quail (Cherry) 11:00am-12:00pm
11:30AM - 12:30PM	Hatha® (12) 哈達傳統瑜珈® Tanner 12:15pm - 1:15pm	Aerial Hoop (16) 空中吊環 Hailey 11:45am-12:45pm	Wheel Yoga (13) 瑜珈輪 Ivy 12:30pm-1:30pm				
12:30PM - 1:30PM				Relaxing Stretch Yoga®(12) 減壓伸展瑜珈® 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	
1:30PM - 2:30PM	Core & Arm® (14) 核心和手臂訓練® Tanner 3:00pm-4:00pm	Stretch Yoga (14) 伸展瑜珈 Tanner 2:00pm-3:00pm					
2:30PM - 3:30PM			Wheel Yoga (14) 瑜珈輪 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) 瑜珈輪 Stella 6:30pm - 7:30pm
6:30PM - 7:30PM	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					
7:30PM - 8:30PM			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	
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, 課堂點數亦不會更變。
- 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)