



# 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)

Feb 2024  
KWUN TONG CENTER  
(Last update : 22 Jan)

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	Wheel Yoga (10) 瑜伽輪 Natalie 1:15pm-2:15pm		Aerial Yoga (10) 空中瑜伽 Ceci 12:45pm - 1:45pm		Hatha® (9) 哈達傳統瑜伽 Karen Tsao 1:00pm - 2:00pm	Aerial Yoga (14) 空中瑜伽 Ceci 1:20pm-2:20pm	Zen Ring Yoga (14) 禪輪瑜伽 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	Aerial Yoga (10) 空中瑜伽 Karen Tsao 2:00pm - 3:00pm	Stretch Yoga (14) 伸展瑜伽 Ceci 2:20pm-3:20pm	Yin with Singing Bowl 陰瑜珈 ( 頌鉢 ) (13) Vincent 2:00pm-3:00pm
2:30PM - 3:30PM					Aerial Hoop (15) 空中吊環 Hailey(Wing) 3:00pm - 4:00pm	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		

- 每堂60分鐘, 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。
- 所有課堂必須2位或以上學員預約上課, 方可開課。
- 開班後15分鐘不準進入課堂。
- 上課時請各位學員遵守導師指導, 注意安全。
- Aerial Yoga只接受女學員報名, 特別註明除外。
- 孕婦瑜伽只適合計劃懷孕或已懷孕12週之會員參加。
- 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。
- Aerial Hoop課堂,需扣兩堂課堂。(只適用於堂數及任玩套票)
- Singing Bowl 課堂遲到不得進入,以免影響進行中的學生。