



My Yoga

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Nov 2023
MONG KOK CENTER
(Last updated : 21 Oct)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:30AM - 10:30AM	Yoga Flow®(10) 連串瑜伽® Sue 10:00am-11:00am						
10:30AM - 11:30AM		Relaxing Stretch Yoga®(10) 減壓伸展瑜伽® Sue 11:05am-12:05pm		Beginner Yoga (10) 初級瑜伽 Vincent 11:45am-12:45pm	Beginner Vinyasa (10) 初級連串瑜伽 Grace 10:30am-11:30am		
11:30AM - 12:30PM		Wheel Yoga (10) 瑜伽輪 Charlie 11:30pm-12:30pm	Stretch Yoga (10) 伸展瑜伽 Vincent 12:50pm-1:50pm	Relaxing Stretch Yoga (10) 減壓伸展瑜伽 Grace 11:30pm-12:30pm	Beginner Backbend (10) 基礎後彎 Ling Ling 11:45am-12:45am		Stretch Yoga (13) 伸展瑜伽 Ivy 11:00am-12:00pm (12th 除外)
12:30PM - 1:30PM		Stretch Yoga (10) 伸展瑜伽 Charlie 12:35pm-1:35pm					Wheel Yoga (13) 瑜伽輪 Ivy 12:00pm-1:00pm (12th 除外)
1:30PM - 2:30PM					Yoga for Splits (10) 開髖一字馬 Ling Ling 12:50am-1:50pm		Aerial Yoga (11) 空中瑜珈 Candice 1:00pm-2:00pm
2:30PM - 3:30PM						筋膜瑜伽 (11) Myogascial Yoga Vincent 2:10pm-3:10pm	Beginner Stretch Yoga (11) 初級伸展瑜伽 Candice 2:05pm-3:05pm
3:30PM - 4:30PM						Yin with Singing bowl (11) 頌鉢陰瑜伽 Vincent 3:15pm-4:15pm	
6:30PM - 7:30PM	Hatha Yoga® (13) 哈達傳統瑜伽 Natalie 6:30pm-7:30pm	Back Care Yoga® (15) 脊柱保健瑜伽 (養身) Bowie Luan 6:30pm-7:30pm	Aerial Yoga® (12) 空中瑜珈 Grace 6:30pm-7:30pm	Wheel Yoga Be Happy® (15) 開心瑜伽輪 Bowie Luan 6:30pm-7:30pm	TRX (12) Jaybi 6:30pm-7:30pm		
7:30PM - 8:30PM	Stretch Yoga® (12) 伸展瑜伽 Natalie 7:30pm-8:30pm	Sculpting Yoga for Peachy Booty® (15) 臀腿激活 (蜜桃臀) Bowie Luan 7:30pm-8:30pm	Hatha Yoga® (12) 哈達傳統瑜伽 Grace 7:30pm-8:30pm	Hip Opening® (15) 髖關節伸展瑜伽 Bowie Luan 7:30pm-8:30pm	Aerial Yoga (12) 空中瑜珈 Grace 7:30pm-8:30pm		
8:30PM - 9:30PM	TRX (12) Wallace 8:30pm-9:30pm	Energy Flow Yoga® (18) 能量流 Level 2 Bowie Luan 8:30pm-9:30pm	Aerial Hoop (15) 空中吊環瑜珈 Grace 8:30pm - 9:30pm	Shoulder Opening & Back Beauty® (15) 開肩美背 (理療) Bowie Luan 8:30pm - 9:30pm	Slim Detox Yoga(12) 瘦身排毒瑜珈 Grace 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。
3. 所有課堂必須2位或以上學員預約上課, 方可開課。
4. 上課時請各位學員遵守導師指導, 注意安全。
5. 如課堂更換導師, 本中心將不會另行通知, 課堂點數亦不會變更。
6. 任玩套票不適用於Bowie Luan 旺角課堂。