



My Yoga

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灣仔駱克道137-147號香江大廈1樓D&E室 (灣仔A1地鐵站出口對面)

OCT 2023
Wan Chai CENTER
(Last update : 19 SEP)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:30AM - 08:30AM						Aerial Yoga (15) 空中瑜伽 Hailey 10:00am-11:00am	Yoga Flow (14) 流動瑜伽 Helen 10:00am-11:00am
10:30AM - 11:30AM			Hatha (10) 初級瑜伽 Lemon 10:30am-11:30am	Hatha Flow (10) 哈達流動瑜伽 Mic 10:30am-11:30am	Stretch Yoga (10) 伸展瑜伽 Wing 10:30am - 11:30am	Meridian Yoga (14) 經絡瑜伽 Khalil 11:15am-12:15pm	Beginner Aerial Yoga(14) 初級空中瑜伽 Kico 10:30am-11:30am
11:30AM - 12:30PM	Hatha (12) 哈達傳統瑜伽 Tanner 12:00pm-1:00pm			Relaxing Stretch(10) 放鬆伸展瑜伽 Mic 11:30am-12:30am	Hatha Basic (10) 基礎哈達傳統瑜伽 Wing 11:35am - 12:35pm	Stretch Yoga (14) 伸展瑜伽 Kathy 12:00pm-1:00pm	Parent Child Yoga 親子瑜伽 Zebra / Stella 11:30pm-12:30pm
12:30AM - 1:30PM	Stretch Yoga (12) 伸展瑜伽 Tanner 1:05pm-2:05pm	Beginner Yoga (10) 初級瑜伽 Lemon 12:30pm-1:30pm	Stretch Yoga (10) 伸展瑜伽 Phoebe 12:40pm-1:40pm	Wheel Yoga(12) 瑜伽輪 Tanner 12:30pm-1:30pm	Aeial Yoga (10) 空中伸展瑜伽 Stella 12:00pm-13:00pm	Hatha (14) 哈達傳統瑜伽 Kathy 1:05pm-2:05pm	Stretch Yoga (14) 伸展瑜伽 Kico 11:35am-12:35pm
1:30PM - 2:30PM		Aeial Stretch (10) 空中伸展瑜伽 Nicole 1:30pm-2:30pm	Hatha (10) 哈達傳統瑜伽 Phoebe 1:45pm-2:45pm			Shoulder & Hip Opening (16) 肩部及髖頭伸展 Kathy 2:10pm-3:10pm	Arm balance (16) 手平衡瑜伽 Lemon 12:40pm-1:40pm
3:00PM - 4:00PM					Shoulder & Chest Opening (14) 開膊及開胸 Lu 3:00pm-4:00pm	Parent Child Yoga 親子空中瑜伽 Stella 2:15pm-3:15pm	Backbend & Inversion (16) 後彎及倒轉 Lemon 1:45pm-2:45pm
4:00pm - 5:00pm					Beginner Inversion (14) 小班初級倒立 Lu 4:00pm-5:00pm	Cardio Pop (14) Emily 3:20pm - 4:20pm	Beginner Yoga (14) 初級瑜伽 Davie 2:00pm-3:00pm
6:00PM - 7:00PM	Active Recovery Yoga (16) 動態恢復瑜珈 Carlton 6:15pm-7:15pm	Sound Healing (12) 聲音理療 Mic 5:30pm-6:30pm		Stretch Yoga (13) 伸展瑜珈 Carlton 6:30pm-7:30pm			Pilates(16) 普拉提瑜珈 Yannes 3:00pm-4:00pm
6:30PM - 7:30PM	Beginner Aerial Yoga (14) 初級空中瑜珈 Stella 6:30pm-7:30pm	Stretch Yoga (13) 伸展瑜珈 Kamyam 6:30pm-7:30pm	Aerial Yoga (14) 空中瑜珈 Hailey 6:30pm-7:30pm	Beginner Inversion (16) 小班初級倒立 Jaime 7:00pm-8:00pm	Beginner Yoga (14) 初級瑜珈 Vincent 6:30pm-7:30pm		
7:00PM - 8:00PM	City Aliment Therapy Yoga (16) 都市治療瑜珈 Carlton 7:20pm-8:20pm	Hatha Flow (13) 哈達流動瑜珈 Mic 6:35pm-7:35pm	Wheel Yoga (14) 瑜珈輪 Charlie 7:35pm-8:35pm	Singing Bowl with Aroma (16) 香薰碟瑜珈 Carlton 8:15pm-9:15pm	Wheel Yoga (13) 瑜珈輪 Sabrina 6:45pm-7:45pm		
7:30PM - 8:30PM	Wheel Yoga (13) 瑜珈輪 Stella 7:35pm-8:35pm	Aerial Mixed Level (16) 小班空中瑜珈 Kamyam 7:40pm-8:40pm	Aerial Mixed Level (16) 花式空中瑜珈 Stella 7:35pm-8:35pm	Slim Yoga (14) 修身瑜珈 Jaime 8:30pm-9:30pm	Myofascial Yoga (16) 放鬆肌筋膜瑜珈 Vincent 7:30pm-8:30pm		
8:00PM - 9:00PM		Yin with Crystal Bowl (16) 陰瑜珈 (水晶鉢) Mic 7:40pm-8:40pm	Stretch Yoga(14) 伸展瑜珈 Charlie 8:35pm-9:35pm		Hatha Flow (13) 哈達流動瑜珈 Sabrina 7:50pm-8:50pm		
8:30PM - 9:30PM			Hip Opening (13) 開髖 Stella 8:45pm-9:45pm				

1. 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。(孕婦、心臟病患者及高血壓人士不宜上Hot Yoga)
6. 孕婦瑜珈只適合計劃懷孕或已懷孕12週之會員參加。
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. 頒發課堂遲到不得進入,以免影響進行中的學生。