



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)

Feb 2024
Wan Chai CENTER
(Last update : 22Jan)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:30AM - 08:30AM							
10:30AM - 11:30AM				Hatha Flow (10) 哈達傳統瑜伽 Stella 10:30am-11:30am	Stretch Yoga (10) 伸展瑜伽 Wing 10:30am - 11:30am	Inside Flow (12) 內觀流 Tiffany 11:00am-12:00pm	Beginner Aerial Yoga(14) 初級空中瑜伽 Stella 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 Stella 11:30am-12:30pm	Hatha Basic (10) 基礎哈達傳統瑜伽 Wing 11:35am - 12:35pm	Beginner Yoga (12) 初級瑜伽 Barry 11:00pm-12:00pm	Yin Yang Yoga (13) 陰陽瑜伽 Mic 11:35pm-12:35pm
12:30AM - 1:30PM	Stretch Yoga (12) 伸展瑜伽 Tanner 1:05pm-2:05pm	Beginner Yoga (12) 初級瑜伽 Lemon 12:30pm-1:30pm	Stretch Yoga (12) 伸展瑜伽 Phoebe 12:40pm-1:40pm	Wheel Yoga(12) 瑜伽輪 Tanner 12:30pm-1:30pm	Aroma Stretch (12) 香薰瑜伽 Stella 12:00pm-1:00pm	Stretch Yoga (14) 伸展瑜伽 Kathy 12:00pm-1:00pm	Arm balance (14) 手平衡瑜伽 Lemon 12:40pm-1:40pm
1:30PM - 2:30PM			Hatha (12) 哈達傳統瑜伽 Phoebe 1:45pm-2:45pm		Shoulder Opening & Back Beauty (10) 開肩美背 Tweety 2:00pm-3:00pm	Hatha (14) 哈達傳統瑜伽 Kathy 1:05pm-2:05pm	Sound Bath with Relaxing Stretch (14) 聲頻浴放鬆伸展 Mic 12:40am-1:40pm
3:00PM - 4:00PM					Beginner Aerial Yoga (10) 初級空中瑜伽 Tweety 3:00pm-4:00pm	Snoulder & Hip Opening (16) 髖部及髖頭伸展 Kathy 2:10nm-3:10nm	Backbend & Inversion (14) 後彎及倒轉 Lemon 1:45pm-2:45pm
4:00pm - 5:00pm					Beginner Inversion (14) 小班初級倒立 Stella 4:00pm-5:00pm	Parent Child Yoga(24) 親子空中瑜伽 Stella 2:15pm-3:15pm	Animal Flow (12) 動物流 Isabella 3:00pm-4:00pm
5:00PM - 6:00PM	Active Recovery Yoga (16) 動態恢復瑜珈 Carlton 6:15pm-7:15pm	Sound Healing (12) 聲音理療 Carlton 5:30pm-6:30pm	Aerial Hoop Beginner(15) 空中吊環 Hailey 6:30pm-7:30pm	Aroma Stretch (12) 香薰瑜伽 Stella 6:00pm-7:00pm			Mindful Stretching (12) 靜觀伸展 Barry 4:15pm-5:15pm
6:00PM - 7:00PM	Inside Flow (14) 內觀流 Tiffany 6:30am-7:30pm	Universal Yoga (12) 寰宇瑜伽 June 6:30pm-7:30pm	Beginner Aerial Yoga(14) 初級空中瑜伽 Stella 6:30pm-7:30pm	Shoulder & Hip Opening (14) 髖部及髖頭伸展 Stella 7:00pm-8:00pm	Wheel Yoga (13) 瑜伽輪 Stella 6:30pm-7:30pm		
7:00PM - 8:00PM	City Alimnet Therapy Yoga (16) 都市治療瑜珈 Carlton 7:20pm-8:20pm	Hatha Flow (13) 哈達流動瑜珈 Carlton 6:35pm-7:35pm	Stretch Yoga(13) 伸展瑜珈 Lu 7:35pm-8:35pm	Beginner Inversion (16) 小班初級倒立 Jaime 7:00pm-8:00pm	Wellness Yoga (14) 身心舒展瑜珈 May 7:00pm-8:15pm		
7:30PM - 8:30PM	Beginner Aerial Yoga (14) 初級空中瑜珈 Stella 7:35pm-8:35pm	Aerial Flow For Beginners (12) 空中流動瑜珈 June 7:30pm-8:30pm	Aerial Mixed Level (14) 混合程度空中瑜珈 Stella 7:35pm-8:35pm	Relaxing Stretch Yoga with Singing Bowl (13) 放鬆伸展頌鉢瑜珈 Tweety 8:00pm-9:00pm	Myofascial Yoga (15) 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) Carlton 7:40pm-8:40pm	Hatha Flow (14) 哈達流動瑜珈 Lu 8:40pm-9:40pm	Slim Yoga (13) 修身瑜珈 Jaime 8:00pm-9:00pm	Relaxing Stretch Yoga with Singing Bowl (13) 放鬆伸展頌鉢瑜珈 Vincent 8:30nm-9:30nm		
8:30PM - 9:30PM			Shoulder & Hip Opening (14) 髖部及髖頭伸展 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。
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, 課堂點數亦不會變更。
8. 頌鉢課堂遲到不得進入,以免影響進行中的學生。