

Time Table

Mar-24

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					Wheel Yoga® (12) Anna.L 10:15am - 11:15am	Aerial Yoga Lvl 1(14) Lu 10:00am - 11:00am
Gentle Flow (10) Natalie 12:15pm-1:15pm	Stretch Yoga® (9) Isabel 11:30am - 12:30pm	MFT Lite (5) William 12:30pm - 1:00pm	Hatha® (9) Quail (Cherry) 12:15pm - 13:15pm	Core · Hip & Thigh (5) Will 12:30pm - 1:00pm	Core · Hip & Thigh (14) Margaret 11:00am - 12:00pm	Backending & twisting® (14) Lu 11:00am - 12:00pm
MFT Lite (5) Ivan 12:30pm - 1:00pm	Aerial Yoga Lv 1 (10) (Male and Female) Isabel 12:30pm - 1:30pm	Aerial Yoga Lv 1 (10) Ceci 12:45pm - 1:45pm	MFT Lite (5) Jerry 12:30pm - 1:00pm	Hatha® (9) Karen 1:00pm-2:00pm	Hatha® (14) Anna.L 11:15am - 12:15pm	Thai Boxing (12) John 11:30am - 12:30pm
KO8(TRX) (5) Ivan 1:00pm - 1:30pm	Thai Boxing (10) Ivan 12:45pm - 1:45pm	Core · Hip & Thigh (5) William 1:00pm - 1:30pm	Thai Boxing (10) Ivan 12:45pm - 1:45pm	MFT Lite (5) Will 1:00pm - 1:30pm	Thai Boxing (14) Ivan 11:30pm - 12:30pm	Pilates Mixed (14) Alia 1:00pm - 2:00pm
Wheel Yoga (10) Natalie 1:15pm-2:15pm		都市病治療瑜伽 (10) Ceci 2:00pm - 3:00pm	Core · Hip & Thigh (5) Jerry 1:00pm - 1:30pm	Aerial Yoga (10) Karen 2:00pm-3:00pm	Stretch Yoga (14) Anna.L 12:15pm - 1:15pm	MFT Multi Functional Training (14) 12:45pm - 1:45pm
			Aerial Yoga (10) Quail (Cherry) 1:30pm - 2:30pm	Aerial Hoop (15) Hailey (Wing) 3:00pm - 4:00pm	MFT (15) Ivan 12:45pm - 1:45pm	
		Wheel Yoga (12) Yokii 5:30pm - 6:30pm		Beginner Yoga (12) Hailey (Wing) 5:30pm - 6:30pm	Aerial Yoga Lv 1 (14) Ceci 1:20pm - 2:20pm	
Stretch Yoga (14) Hailey (Wing) 6:30pm - 7:30pm	MFT (14) Ivan 6:30pm - 7:30pm	Thai Boxing Pad Circuit(14) John 6:30pm - 7:30pm	Stretch Yoga (14) Quail (Cherry) 6:15pm - 7:15pm	Aerial Yoga Lv 1 (14) Hailey (Wing) 6:30pm - 7:30pm	Thai Boxing Pad Circuit (14) Ivan 2:00pm - 3:00pm	
Thai Boxing Beginner (14) Ivan 6:30pm - 7:30pm	Hatha (14) Alia 6:30pm - 7:30pm	MFT Lite (13) Jaybi 6:30pm - 7:30pm	Thai Boxing Pad Circuit (14) Ivan 6:15pm - 7:15pm	MFT Lite (14) Jaybi 6:30pm - 7:30pm	Stretch Yoga (14) Ceci 2:20pm - 3:20pm	
Aerial Yoga (14) Hailey (Wing) 7:30pm - 8:30pm	Thai Boxing Beginner (14) Yin 6:30pm - 7:30pm	香薰瑜伽® (14) Yokii 6:30pm - 7:30pm	Body Pump (12) Elle 6:30pm - 7:15pm	Beginner Inversion & Arm Balance (12) Cee 7:30pm - 8:30pm	都市病治療瑜伽 (14) Ceci 3:30pm - 4:30pm	
MFT (14) Ivan 7:30pm - 8:30pm	Thai Boxing (14) Yin 7:30pm - 8:30pm	Thai Boxing Beginner (14) John 730pm - 8:30pm	Aerial Yoga (14) Quail (Cherry) 7:15pm - 8:15pm	Body Pump (12) Dominic 7:30pm - 8:15pm		
Aerial Hoop Beginner (15) Hailey (Wing) 8:30pm - 9:30pm	Pilates Base (14) Alia 7:30pm- 8:30pm	KO8(TRX) (14) Ivan 7:30pm - 8:30pm	Thai Boxing (14) Ivan 7:15pm - 8:15pm	Core, Hip & Thigh (14) Ivan 8:30pm - 9:30pm		
Thai Boxing Tech & Sparring (13) Ivan 8:30pm - 9:30pm	Core · Hip & Thigh (14) Margaret 7:30pm - 8:30pm	Yin with Singing Bowl (13) Mic 7:30pm - 8:30pm	MFT (14) William 7:30pm - 8:30pm	Aerial Hoop Beginner (14) Cee 8:30pm - 9:30pm		
MFT Lite (12) Jerry 8:30pm - 9:30pm	Thai Boxing Pad Circuit (14) Yin 8:30pm - 9:30pm	Thai Boxing (14) John 8:30pm - 9:30pm	都市病治療瑜伽® (14) Quail (Cherry) 8:15pm - 9:15pm			
	Body Combat (13) Wallace 8:30pm - 9:30pm	Stretch Yoga (12) Mic 8:30pm - 9:30pm	MFT Lite(14) Christy 8:30pm - 9:30pm			
		HYROX Training (14) Ivan 8:30pm - 9:30pm	Body Combat (12) Elle 8:30pm - 9:15pm			

注意事項:

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分鐘不準進入課堂。
5. 上課時請各位學員遵守導師指導，注意安全。
6. Aerial Yoga只接受女學員報名，特別註明除外。
7. 如課堂更換導師，本中心將不會另行通知，課堂點數亦不會更改。
8. Aerial Hoop 課堂,需扣兩堂課堂。(只適用於堂數及任玩套票)

My Fitness Booking Apps



Last Update 27 Feb