

Aug 2021



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)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30AM - 11:30AM	Stretch Yoga (11) 伸展瑜伽 Ellen	Stretch Yoga (11) 伸展瑜伽 Carmen	Ashtanga Vinyasa (11) 八肢串連瑜伽 Phoebe		Stretch Yoga (11) 伸展瑜伽 Wing	Pilates (14) 普拉提瑜伽 Cobe 10:00am-11:00am	Aerial Yoga (16) 空中瑜伽 Yuki
11:30AM - 12:30AM	Xin Yoga (11) 芯瑜伽 Ellen	Power Yoga (11) 力量瑜伽 Carmen	Stretch Yoga (11) 伸展瑜伽 Phoebe	Hatha (11) 哈達傳統瑜伽 Albee	Vinyasa (11) 串聯瑜伽 Wing	Stretch Yoga (14) 伸展瑜伽 Kathy	Wheel Yoga (14) 瑜伽輪 Ashley
12:30AM - 1:30PM	Hatha (11) 哈達傳統瑜伽 Kathy	Hatha (11) 哈達傳統瑜伽 Lemon		Aerial Yoga (14) 空中瑜伽 Albee	Aerial Yoga (14) 空中瑜伽 Amy	Hatha (14) 哈達傳統瑜伽 Kathy	Yin Yoga (14) 陰瑜伽 Ashley
1:30PM - 2:30PM	Stretch Yoga (11) 伸展瑜伽 Kathy	Power Yoga (11) 力量瑜伽 Lemon	Aerial Yoga (14) 空中瑜伽 Jacq	Aerial Yoga (14) 空中瑜伽 June	Aerial Yoga Basic (14) 基本空中瑜伽 Wandy	Shoulder and Hip Opening (16) 髖部及膊頭伸展 Cammie 1:30pm - 3:00pm Workshop 3:00pm - 5:00pm	Backbend and Inversion (15) 後彎及倒轉 Lemon
2:30PM - 3:30PM		Aerial Yoga (14) 空中瑜伽 Jacq	Hatha (11) 哈達傳統瑜伽 Jacq	Hatha (11) 哈達傳統瑜伽 June	Hatha (11) 哈達傳統瑜伽 Wandy		Stretch Yoga (14) 伸展瑜伽 Lemon
3:30PM - 4:30PM		Wheel Yoga (12) 瑜伽輪 Jacq	Restorative (11) 康復瑜伽 Jacq		Aerial Yoga (14) 空中瑜伽 Wandy		
6:30PM - 7:30PM	Aerial Yoga (16) 空中瑜伽 Rosita	Hatha (14) 哈達傳統瑜伽 Natasha	Aerial Yoga (16) 空中瑜伽 June	Stretch Yoga (14) 伸展瑜伽 Amy 6:00pm-7:00pm	Pilates (14) 普拉提瑜伽 Cobe		Free Practice 5:00pm - 7:00pm
7:35PM - 8:35PM	Vinyasa (14) 串聯瑜伽 Mic	Aerial Yoga (16) 空中瑜伽 Natasha	Hatha (14) 哈達傳統瑜伽 June	Backbend and Inversion (15) 後彎及倒轉 Amy 7:00pm - 8:00pm	Backbend and Inversion (15) 後彎及倒轉 Lemon		
8:40PM - 9:40PM	Yin Yoga (14) 陰瑜伽 Mic	Wheel Yoga (15) 瑜伽輪 Natasha	Stretch Yoga (14) 伸展瑜伽 June	Aerial Yoga (16) 空中瑜伽 Rosita 8:00pm - 9:00pm	Stretch Yoga (14) 伸展瑜伽 Lemon		

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. 學員請於15分鐘前到達上課地點簽到及熱身。
5. 上課時請各位學員遵守導師指導，注意安全。
6. 如課堂更換導師，本中心將不會另行通知。
7. 任玩課堂套票不適用於Workshop, Amy及Lemon的課堂