



May 2021

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地址：旺角亞皆老街16B號旺角商業大廈17樓04室(旺角地鐵站C4出口旁邊)

紅色 = 有變更的課堂

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-------------------|---|--|---|--|---|--|--|
| 11:30AM - 12:30PM | | Silm Yoga 塑身瑜伽 Charlie | Aerial Yoga Basic 初級空中瑜伽 Fiona 11:00am - 12:00pm | Ashtanga Vinyasa Yoga® 八肢串連瑜伽 Jackson 11:00am - 12:00pm | Silm Yoga 塑身瑜伽 Charlie | 瑜珈私人小組班- 瑜珈自由Flow Bowie 11:30am - 13:15pm | RYT 200小時瑜珈導師課程 (由17/4-16/5) 0900-1800 |
| 12:30PM - 1:30PM | Stretch Yoga 伸展瑜伽 Cecilia | Relaxing Stretch Yoga 減壓伸展瑜伽 Charlie 12:35pm - 1:35pm | Pain Relief Yoga 舒緩痛症瑜伽 Fiona 12:05pm - 1:05pm | Detox Health Yoga® 排毒養生瑜伽 Jackson 12:10pm - 1:10pm | Relaxing Wheel Yoga 減壓瑜珈輪 Charlie 12:35pm - 1:35pm | | |
| 1:30PM - 2:30PM | Aerial Yoga 空中瑜伽 Cecilia 1:35pm - 2:35pm | | | | | Yin Yang Yoga® 陰陽瑜珈 Bowie 22/5開始有 | |
| 2:30PM - 3:30PM | | | | | | Stretch Yoga® 伸展瑜伽 Bowie 2:35pm - 3:35pm 22/5開始有 | |
| 3:30PM - 4:30PM | | | | | | | |
| 5:45PM - 6:45PM | Pilates Yoga 普拉提瑜珈 Fiona | | Beginner Yoga 初級瑜珈 Fiona 5:30pm - 6:30pm | | Back Care Yoga® 背部護理瑜珈 Shirley | | |
| 6:45PM - 7:45PM | Aerial Yoga 空中瑜伽 Fiona | Beginner Yoga® 初級瑜珈 Bowie 6:30pm - 7:30pm | Aerial Yoga 空中瑜伽 Fiona 6:30pm - 7:30pm | Wheel Yoga 瑜珈輪 Sue 6:30pm - 7:30pm | Hatha® 哈達傳統瑜珈 Shirley | RYT 200小時瑜珈導師課程 (由17/4-16/5) 0900-1800 | |
| 7:45PM - 8:45PM | Hatha® 哈達傳統瑜珈 Jackson | Vinyasa® 連串瑜珈 Bowie 7:30pm - 8:30pm | Pain Relief Yoga® 舒緩痛症瑜珈 Shirley 7:30pm - 8:30pm | Full Body Sculpt Yoga® 全方位瘦身瑜珈 Sue 7:30pm - 8:30pm | Pilates Yoga® 普拉提瑜珈 Sue | | |
| 8:45PM - 9:45PM | Stretch Yoga® 伸展瑜珈 Jackson | Aerial Yoga for Backbend 後彎空中瑜珈 Bowie 8:30pm - 9:30pm | Hatha® 哈達傳統瑜珈 Shirley 8:30pm - 9:30pm | Stretch Yoga® 伸展瑜珈 Sue 8:30pm - 9:30pm | Hip Opening® 髖關節伸展 Sue | | |

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. 任玩套票不適用於Bowie 旺角課堂。

課程難度

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| Basic | Normal | Advance |
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