



# My Yoga

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Dec 2022  
MONG KOK CENTER  
(Last updated : 1/12)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
11:30AM - 12:30PM	Yoga Flow®(10) 連串瑜伽® Sue 10:00am-11:00am		Slim Yoga (10) 瘦身瑜伽 Grace 10:30am - 11:30am	Hatha (10) 哈達傳統瑜伽 Stephy 11:00am - 12:00pm	Slim Yoga® (10) 瘦身瑜伽® Sze Wei 12:00pm - 1:00pm		
12:30PM - 1:30PM	Relaxing Stretch Yoga®(10) 減壓伸展瑜伽® Sue 11:05am-12:05pm	Wheel Yoga (10) 瑜伽輪 Charlie 1:00pm-2:00pm	Aroma Yoga (10) 香薰瑜伽 Grace 11:35am - 12:35pm	Stretch Yoga (10) 伸展瑜伽 Stephy 12:10pm - 1:10pm	Wheel Yoga® (10) 瑜伽輪® Sze Wei 1:00pm - 2:00pm		
1:30PM - 2:30PM		Stretch Yoga (10) 伸展瑜伽 Charlie 2:05pm - 3:05pm	Vinyasa® (12) 連串瑜伽 Bowie 1:00pm-2:00pm			Special Aerial Yoga® (15) Special空中瑜伽 Bowie 1:00pm-2:00pm	Aerial Yoga (13) 空中瑜伽 Candice 1:00pm-2:00pm
2:30PM - 3:30PM			Back Care Yoga® (12) 背部護理瑜伽 Bowie 2:00pm-3:00pm			Yoga care vertebral® (15) 脊椎保養瑜伽 Bowie 2:00pm - 3:00pm	Beginner Stretch Yoga (12) 初級伸展瑜伽 Candice 2:05pm-3:05pm
3:30PM - 4:30PM							
5:30PM - 6:30PM							
6:30PM - 7:30PM	Aerial Yoga (13) 空中瑜伽 Natalie 6:00pm-7:00pm	Beginner Aerial Yoga® (15) 初級空中瑜伽 Bowie Luan	Basic Aerial Yoga® (13) 基礎空中瑜伽® Sze Wei	Wheel Yoga Be Happy® (15) 開心瑜伽輪 Bowie Luan	Wheel Yoga (12) 瑜伽輪 Coco		
7:30PM - 8:30PM	Wheel Yoga (12) 瑜伽輪 Natalie 7:00pm-8:00pm	Beginner Hatha® (15) 初級哈達傳統瑜伽 Bowie Luan	Conditioning and Sculpting Fitness® (12) 調節塑身運動® Sze Wei	Beginner Vinyasa® (15) 初級連串瑜伽 Bowie Luan	Basic Hatha (12) 基礎哈達傳統瑜伽 Coco		
8:30PM - 9:30PM	Yin Yoga (12) 陰瑜伽 Natalie 8:00pm-9:00pm	Backbend & Handstand Lvl 2 ® (18) 進階後彎倒立瑜珈流 Bowie Luan	Relaxing Stretch Yoga® (12) 減壓伸展瑜伽® Sze Wei	Stretch Yoga® (12) 伸展瑜伽® Sze Wei	Hip Opening (12) 髖關節伸展 Coco		

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小時內不可以網上預約。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，課堂點數亦不會更變。
7. 任玩套票不適用於Bowie Luan 旺角課堂。