



# My Yoga

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August 2022  
MONG KOK CENTER  
(Last updated : 20/7)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
11:30AM - 12:30PM	Yoga Flow(10) 連串瑜伽 Sue 10:30am-11:30am	Wheel Yoga (10) 瑜伽輪 Charlie	Detox Relax Yoga (10) 排毒舒緩瑜伽 Fiona 10:30am - 11:30am	Hatha (10) 哈達傳統瑜伽 Stephy 11:00am - 12:00pm	Slim Yoga (11) 瘦身瑜伽 Sze Wei 12:00pm - 1:00pm	瑜珈私人小組班- 瑜珈自由Flow Bowie 11:30am - 13:15pm	Vinyasa for Beginner (12) 初級連串瑜伽 Candice
12:30PM - 1:30PM	Relaxing Stretch Yoga(10) 減壓伸展瑜伽 Sue 11:35am-12:35pm	Stretch Yoga (10) 伸展瑜伽 Charlie 12:35pm - 1:35pm	Fit Aerial Yoga (11) 瘦身空中瑜伽 Fiona 11:30am - 12:30pm	Stretch Yoga (10) 伸展瑜伽 Stephy 12:10pm - 1:10pm	Wheel Yoga (10) 瑜伽輪 Sze Wei 1:00pm - 2:00pm		Yoga Therapy (12) 治療瑜伽 Candice
1:30PM - 2:30PM			Vinyasa® (12) 連串瑜伽 Bowie 1:00pm-2:00pm			Yin Yang Yoga® (15) 陰陽瑜伽 Bowie	Aerial Yoga (13) 空中瑜伽 Yen 1:00pm-2:00pm
2:30PM - 3:30PM			Back Care Yoga® (12) 背部護理瑜伽 Bowie 2:00pm-3:00pm			Stretch Yoga® (15) 伸展瑜伽 Bowie 2:35pm - 3:35pm	Beginner Stretch Yoga (12) 初級伸展瑜伽 Yen 2:05pm-3:05pm
3:30PM - 4:30PM							
5:30PM - 6:30PM							
6:30PM - 7:30PM	Wheel Yoga® (12) 瑜伽輪 Kimmy	Beginner Yoga® (15) 初級瑜伽 Bowie Luan	Basic Aerial Yoga (12) 基礎空中瑜伽 Sze Wei	Back Care Yoga® (12) 背部護理瑜伽 Sharon	Beginner Wheel Yoga (12) 初級瑜伽輪 Sue		
7:30PM - 8:30PM	Restorative Yoga® (12) 修復瑜伽 Kimmy	Yoga Flow Lvl 2® (15) 連串瑜伽 Lvl 2 Bowie Luan	Conditioning and Sculpting Fitness (12) 調節塑身運動 Sze Wei	Hatha® (12) 哈達傳統瑜伽 Sharon	Core Yoga® (12) 核心瑜伽 Sue		
8:30PM - 9:30PM	Yogalates® (12) 瑜珈皮拉提 Kimmy	Beginner Aerial Yoga (13) 初級空中瑜伽 Trista	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 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。

#### 課程難度

Basic	Normal	Advance
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