



# My Yoga

July 2022  
WAN CHAI CENTER  
(Last updated : 4/7)

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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)

紅色 = 有變更的課堂

| Time              | Mon  | Tue   | Wed   | Thu  | Fri   | Sat  | Sun  |
|-------------------|--|---|---|--|---|--|--|
| 7:15AM - 8:15AM   | Early practice (10)<br>Albee                                 | Early practice (10)<br>Cathy                    | Early practice (10)<br>Albee                                  | Early practice (10)<br>Cathy                         | Early practice (10)<br>Albee                                    |  |  |
| 10:30AM - 11:30AM |  |   | Slim Yoga (10)<br>瘦身瑜伽<br>Lemon                               |  | Stretch Yoga (10)<br>伸展瑜伽<br>Wing                               |  |  |
| 11:30AM - 12:30AM |  |   | Beginner Yoga (10)<br>初級瑜伽<br>Nicole                          |  | Hatha Basic (10)<br>基礎哈達傳統瑜伽<br>Wing                            | Stretch Yoga (13)<br>伸展瑜伽<br>Kathy                                     |  |
| 12:30AM - 1:30PM  | Hatha (10)<br>哈達傳統瑜伽<br>Kathy                                | Beginner Yoga (10)<br>初級瑜伽<br>Lemon             | Stretch Yoga (10)<br>伸展瑜伽<br>Phoebe                           | Wheel Yoga (10)<br>瑜伽輪<br>Albee                      | Aerial Yoga (14)<br>空中瑜伽<br>Amy                                 | Beginner Aerial Yoga(12)<br>初級空中瑜伽<br>Amy<br>12:00pm-1:00pm            | Stretch Yoga (13)<br>伸展瑜伽<br>Lemon<br>12:15pm-1:15pm |
| 1:30PM - 2:30PM   | Stretch Yoga (10)<br>伸展瑜伽<br>Kathy                           | Hatha (10)<br>哈達傳統瑜伽<br>Lemon                   | Beginner Yoga (10)<br>初級瑜伽<br>Phoebe                          | Beginner Aerial Yoga (12)<br>初級空中瑜伽<br>Albee         | Backbend & Inversion (14)<br>後彎及倒轉<br>Amy                       | Hatha (13)<br>哈達傳統瑜伽<br>Kathy<br>12:30pm-1:30pm                        | Backbend & Inversion (13)<br>後彎及倒轉<br>Lemon          |
| 2:30PM - 3:30PM   |  |   | Arm Balance (10)<br>手平衡瑜伽<br>Lemon<br>1:30pm-2:30pm           |  |   | Shoulder & Hip Opening<br>肩部及膊頭伸展<br>(13)<br>Cammie<br>2:00pm - 3:00pm | Free Practice (0)<br>3:00pm - 4:00pm                 |
| 3:30PM - 4:30PM   |  |   | Beginner Aerial Yoga (12)<br>初級空中瑜伽<br>Lemon<br>2:30pm-3:30pm |  |   |  |  |
| 6:00PM - 7:00PM   | Aerial Yoga (14)<br>空中瑜伽<br>Kamyam                           | Hatha (13)<br>哈達傳統瑜伽<br>Nicole<br>6:30pm-7:30pm | Wheel Yoga (14)<br>瑜伽輪<br>Albee<br>6:30pm -7:30pm             | Stretch Yoga (14)<br>伸展瑜伽<br>Amy<br>6:00pm -7:00pm   | Backbend & Inversion (13)<br>後彎及倒轉<br>Lemon<br>6:00pm-7:00pm    |  |  |
| 7:00PM - 8:00PM   | Hatha (13)<br>哈達傳統瑜伽<br>Mic<br>7:05pm-8:05pm                 |   | Beginner Yoga (13)<br>初級瑜伽<br>Lemon                           | Backbend and Inversion<br>(15)<br>後彎及倒轉<br>Amy       | Beginner Yoga (12)<br>初級瑜伽<br>Amy<br>6:30pm-7:30pm              |  |  |
| 7:35PM - 8:35PM   |  | Aerial Yoga (13)<br>空中瑜伽<br>Kamyam              | Slim Yoga (13)<br>瘦身瑜伽<br>Albee                               |  | Beginner Aerial Yoga (14)<br>初級空中瑜伽<br>Nicole<br>7:10pm -8:10pm |  |  |
| 8:40PM - 9:40PM   | Relaxing Stretch Yoga (13)<br>放鬆伸展瑜伽<br>Mic<br>8:10pm-9:10pm | Stretch Yoga (13)<br>伸展瑜伽<br>Kamyam             | Beginner Aerial Yoga (14)<br>初級空中瑜伽<br>Albee                  | Aerial Yoga (14)<br>空中瑜伽<br>Rosita<br>8:10pm -9:10pm | Arm Balance (14)<br>手平衡瑜伽<br>Amy<br>7:30pm -8:30pm              |  |  |

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. 任玩課堂套票不適用於Workshop, Amy及Lemon的課堂。