



# My Yoga

July 2022  
WAN CHAI CENTER  
(Last updated : 14/6)

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

- 每堂60分鐘，所有課堂設有人數限制，請各學員盡早預約。
- 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。
- 所有課堂必須2位或以上學員預約上課，方可開課。
- 學員請於15分鐘前到達上課地點簽到及熱身。
- 上課時請各位學員遵守導師指導，注意安全。
- 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。
- 任玩課堂套票不適用於Workshop, Amy及Lemon的課堂。