



My Yoga

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June 2022
JORDAN CENTER

(Last updated : 20/5)

紅色 = 有變更的課堂

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09:30AM - 10:30AM	Hatha (10) 哈達傳統瑜伽 Afro 10:00am-11:00am	Hatha (10) 哈達傳統瑜伽 Ruby					Hoop Choreography (90) 空中吊環編舞 Phoenix 10:00am-11:00am (22/5-26/6) **6星期課程,需 扣 90credits/扣12堂課**
10:30AM - 11:30AM	Stretch Yoga (10) 伸展瑜伽 Afro 11:00am-12:00pm	Stretch Yoga (10) 伸展瑜伽 Ruby	Hatha (10) 哈達傳統瑜伽 Quail 11:00am-12:00pm	Slim Detox Yoga (10) 修身排毒瑜伽 Sue	Aerial Yoga (12) 空中瑜伽 Hailey (Wing) 10:45am - 11:45am	Aerial Yoga (14) Hailey 10:45am-11:45am	
11:30AM - 12:30AM		Backending&Twisting (11) 後仰與扭轉 Lu 11:45am-12:45pm	Yin (10) 陰瑜伽 Quail 12:00pm-13:00pm	Stretch Yoga (10) 伸展瑜伽 Sue	Hatha (11) 哈達傳統瑜伽 Afro 12:00pm - 1:00pm	Aerial Hoop (15) Hailey 11:45am-12:45am	Stretch Yoga (13) 伸展瑜伽 Maple 11:30am-12:30pm
12:30AM - 1:30PM		Stretch Yoga (11) 伸展瑜伽 Lu 12:45am-13:45pm			Yoga Wheel (11) 瑜伽輪 Afro 1:00pm-2:00pm	Beginner Yoga (14) 初級瑜伽 Tanner 1:00pm-2:00pm	Ashtanga Yoga (13) 八支瑜伽 Maple 12:30pm-13:30pm
1:30PM - 2:30PM					Restorative Yoga (11) 修復瑜伽 Afro 2:00pm-3:00pm	Stretch Yoga (14) 伸展瑜伽 Tanner 2:00pm-3:00pm	Yoga Wheel (13) 瑜伽輪 Olivia 1:45pm-2:45pm
2:30PM - 3:30PM						Core & Arm (14) 核心和手臂訓練 Tanner 3:00pm-4:00pm	Stretch Yoga (13) 伸展瑜伽 Olivia 2:45pm-3:45pm
6:30PM - 7:30PM	Beginner Yoga (13) 初級瑜伽 Kiki	Stretch Yoga (13) 伸展瑜伽 Katy	Aerial Hoop (15) 空中吊環 Hailey (Wing)	Aerial Yoga Beginner(14) 初級空中瑜伽 Hailey (Wing)	Stretch Yoga (14) 伸展瑜伽 Tanner 7:00pm-8:00pm		
7:30PM - 8:30PM	Stretch Yoga (13) 伸展瑜伽 Judy	Aerial Yoga (14) 空中瑜伽 Nicky	Hip Opening (14) 開髖伸展瑜伽 Hailey (Wing)	Stretch Yoga (14) 伸展瑜伽 Natalie	Hatha (17) 哈達傳統瑜伽 Tanner 8:00pm-9:15pm		
8:30PM - 9:30PM	Vinyasa (13) 連串瑜伽 Judy	Aerial Hoop (15) 空中吊環 Nicky	Shoulder & Back Opening (14) 開肩背瑜伽 Hailey (Wing)	Spinning Hammock (15) 空中旋轉舞蹈 Natalie			

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. 課堂須1位或以上學員預約上課, 方可開課; 1點後課堂需滿2人才能開班。
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, 課堂點數亦不會變更。
7. 任玩套票不適用於Tanner佐敦課堂。
8. Aerial Hoop 課堂, 需扣兩堂。(只適用於堂數及任玩套票)