



# My Yoga

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June 2022  
KWUN TONG CENTER  
(Last update : 20/5)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30AM - 11:30AM			Stretch Yoga® (9) 伸展瑜伽 Cindy			Yoga Wheel (12) 瑜伽輪 Anna,L 10:15pm - 11:15pm	Aerial Yoga Lv1 (14) 空中瑜伽 Lu 10:00pm - 11:00pm
11:30AM - 12:30AM		Stretch Yoga (9) 伸展瑜伽 Isabel				Hatha (14) 哈達傳統瑜伽 Anna.L 11:15pm - 12:15pm	Backending & twisting (14) 後仰與扭轉 Lu 11:00am - 12:00pm
11:45AM - 12:45PM							
12:30AM - 1:30PM	Stretch Yoga (10) 伸展瑜伽 Sharon	Aerial Yoga Lv1 (10) (Male and Female) 空中瑜伽 Isabel		City Ailment Therapy Yoga 都市病治療瑜伽 (9) Quail(Cherry) 12:15pm - 1:15pm	City Ailment Therapy Yoga 都市病治療瑜伽 (9) Lemon	Stretch Yoga (14) 伸展瑜伽 Anna.L 12:15pm - 1:15pm	
12:45PM - 1:45PM			Aerial Yoga Lv1 (10) 空中瑜伽 Ceci				Hatha (12) 哈達傳統瑜伽 Macy
1:30PM - 2:30PM	Aerial Yoga Lv1 (10) 空中瑜伽 Sharon 1:45pm - 2:45pm		City Ailment Therapy Yoga 都市病治療瑜伽 (10) Ceci 2:00pm - 3:00pm	Aerial Yoga Lv1 (10) 空中瑜伽 Quail(Cherry)	Arm & Leg Balance (9) 手脚平衡訓練 Lemon 1:45pm - 2:45pm	Aerial Yoga Lv1 (14) 空中瑜伽 Ceci 1:20pm-2:20pm Stretch Yoga (14) 伸展瑜伽 Ceci 2:20pm-3:20pm	Stretch Yoga (12) 伸展瑜伽 Macy 2:00pm - 3:00pm
2:30PM - 3:30PM							
5:30PM - 6:30PM			Yoga Wheel (12) 瑜伽輪 Yokii		Bginner Yoga (12) 初級瑜伽 Hailey(Wing)	City Ailment Therapy Yoga 都市病治療瑜伽 (14) Ceci 3:30pm-4:30pm	
6:30PM - 7:30PM	Stretch Yoga (14) 伸展瑜伽 Hailey(Wing)	Aerial Yoga Lv1 (14) 空中瑜伽 Demi	Aroma Yoga (14) 香薰瑜伽 Yokii	Stretch Yoga (14) 伸展瑜伽 Quail(Cherry) 6:15pm - 7:15pm	Aerial Yoga (14) 空中瑜伽 Hailey(Wing)		
7:30PM - 8:30PM	Aerial Yoga Lv1 (14) 空中瑜伽 Hailey(Wing)	Hip Opening (14) 開髖伸展瑜伽 Sue		Aerial Yoga Lv1 (14) 空中瑜伽 Quail(Cherry) 7:15pm - 8:15pm	Hip Opening (12) 開髖伸展瑜伽 Joyce		
8:30PM - 9:30PM	Aerial Hoop Beginner(15) 初級空中吊環 Hailey(Wing)	Stretch Yoga (14) 伸展瑜伽 Sue		City Ailment Therapy Yoga 都市病治療瑜伽 (14) Quail(Cherry) 8:15pm - 9:15pm	Shoulder and Chest Opening (12) 開肩胸瑜伽 Joyce		

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小時不可以更改或取消課堂, 系統會自行扣減已預約之堂數, 將不獲補堂。
3. 開堂前3小時不可網上預約課堂。
4. 所有課堂必須2位或以上學員預約上課, 方可開課。
5. 開班後15分鐘不準進入課室。
6. 上課時請各位學員遵守導師指導, 注意安全。(孕婦、心臟病患者及高血壓人士不宜上Hot Yoga)
7. Aerial Yoga只接受女學員報名, 特別註明除外。
8. 孕婦瑜伽只適合計劃懷孕或已懷孕12週之會員參加。
9. 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。
10. Aerial Hoop課堂,需扣兩堂課堂。(只適用於堂數及任玩套票)
- 11.Singing Bowl 課堂遲到不得進入,以免影響進行中的學生。