



# My Yoga

Mar 2023  
JORDAN CENTER  
(Last updated : 23/Feb)

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地址：佐敦彌敦道221號同昌商業大廈10A (佐敦地鐵站C1出口)

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® Ruby 10:00am - 11:00am	Stretch Yoga® (10) 伸展瑜伽® Lu 10:00am-11:00am	Slim Detox Yoga® (10) 修身排毒瑜伽® Sue 10:00am - 11:00am			
10:30AM - 11:30AM		Stretch Yoga® (10) 伸展瑜伽® Ruby 11:00am - 12:00pm	Hatha® (10) 哈達傳統瑜伽® Quail 11:00am-12:00pm	Stretch Yoga® (10) 伸展瑜伽® Sue 11:00am - 12:00pm	Aerial Yoga (12) 空中瑜伽 Hailey (Wing) 10:45am - 11:45am	Aerial Yoga (15) 空中瑜伽 Hailey 10:45am-11:45am	
11:30AM - 12:30PM	Hatha® (10) 哈達傳統瑜伽® Kiki 11:30am-12:30am		City Ailment Therapy Yoga 都市病治療瑜伽 (10) Quail 12:00pm-13:00pm		Hatha® (12) 哈達傳統瑜伽® Tanner 12:15pm - 1:15pm	Aerial Hoop (16) 空中吊環 Hailey 11:45am-12:45pm	Stretch Yoga (13) 伸展瑜伽 Olivia 11:30am-12:30pm
12:30PM - 1:30PM	Wheel Yoga (10) 瑜伽輪 Kiki 12:30am-13:30pm				Relaxing Stretch Yoga®(12) 減壓伸展瑜伽® Tanner 1:15pm-2:15pm		Wheel Yoga (13) 瑜伽輪 Olivia 12:30pm-1:30pm
1:30PM - 2:30PM						Beginner Yoga (12) 初級瑜珈 Tanner 1:00pm-2:00pm	Aerial Hoop Foundation (13) 初階空中吊環 Cee 13:45pm-14:45pm
2:30PM - 3:30PM						Stretch Yoga (14) 伸展瑜珈 Tanner 2:00pm-3:00pm	
6:30PM - 7:30PM	Wheel Yoga (14) 瑜伽輪 Tanner	Beginner Yoga (12) 初級瑜珈 Kiki	Gentle Flow (12) 溫和流動瑜珈 Olivia	Aerial Yoga Beginner (12) 初級空中瑜珈 Hailey (Wing)	Stretch Yoga (13) 伸展瑜珈	Core & Arm® (14) 核心和手臂訓練® Tanner 3:00pm-4:00pm	
7:30PM - 8:30PM	Hatha (17) 哈達傳統瑜珈 Tanner 7:30pm-8:45pm	Stretch Yoga (13) 伸展瑜珈 Kiki	Stretch Yoga (13) 伸展瑜珈 Olivia	Stretch Yoga (14) 伸展瑜珈 Hailey (Wing)	TRX (14) Katy		
8:30PM - 9:30PM		Aerial Yoga Beginner (12) 初級空中瑜珈 Kico	Aerial Hoop Tricks (13) Hailey (Wing)	Vinyasa® (14) 串聯瑜珈® Hailey (Wing)	Aerial Hoop Foundation (13) 初階空中吊環 Hailey (Wing)		

1. 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Tanner左敦課堂。
8. Aerial Hoop & Sipping Hammock 課堂，需扣兩堂。(只適用於堂數及任玩套票)