



July 2022
JORDAN CENTER
 (Last updated : 25/6)

My Yoga

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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出口向右行1分鐘SaSa旁邊)

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 | | | | | |
| 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 | Ashtanga Vinyasa (13) 八支串聯瑜伽 Olivia 11:30am-12:30pm |
| 12:30AM - 1:30PM | Aerial Yoga (12) 空中瑜伽 Natalie 12:15am-13:15pm (Starting from 11/7) | 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) 初級瑜珈 Tanner 1:00pm-2:00pm | Stretch Yoga (13) 伸展瑜伽 Olivia 12:30pm-13:30pm |
| 1:30PM - 2:30PM | | | | | | Stretch Yoga (14) 伸展瑜伽 Tanner 2:00pm-3:00pm | Yoga Wheel (13) 瑜珈輪 Olivia 1:30pm-2:30pm |
| 2:30PM - 3:30PM | | | | | | Core & Arm (14) 核心和手臂訓練 Tanner 3:00pm-4:00pm | |
| 6:30PM - 7:30PM | Stretch Yoga (13) 伸展瑜伽 Katy | Beginner Yoga (13) 初級瑜珈 Kiki | Aerial Hoop (15) 空中吊環 Hailey (Wing) | Aerial Yoga Beginner(14) 初級空中瑜珈 Hailey (Wing) | Stretch Yoga (14) 伸展瑜伽 Tanner 7:00pm-8:00pm | | |
| 7:30PM - 8:30PM | Aerial Yoga (14) 空中瑜珈 Nicky | Stretch Yoga (13) 伸展瑜珈 Kiki | Aerial Yoga (14) 空中瑜珈 Hailey (Wing) | Stretch Yoga (14) 伸展瑜珈 Natalie | Hatha (17) 哈達傳統瑜珈 Tanner 8:00pm-9:15pm | | |
| 8:30PM - 9:30PM | Aerial Hoop (15) 空中吊環 Nicky | Yoga Wheel (13) 瑜珈輪 Kiki | Shoulder & Back Opening (14) 開肩背瑜珈 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. 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佐敦課堂。
8. Aerial Hoop & Spinning Hammock 課堂，需扣兩堂。(只適用於堂數及任玩套票)