



# My Yoga

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Nov 2022  
KWUN TONG CENTER  
(Last update : 22/10)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30AM - 11:30AM						Wheel Yoga® (12) 瑜伽輪® Anna.L 10:15am - 11:15am	Aerial Yoga (14) 空中瑜伽 Lu 10:00am - 11:00am
11:30AM - 12:30AM		Stretch Yoga® (9) 伸展瑜伽® Isabel				Hatha® (14) 哈達傳統瑜伽® Anna.L 11:15am - 12:15pm	Backending & twisting® (14) 後仰與扭轉® Lu 11:00am - 12:00pm
11:45AM - 12:45PM							
12:30PM - 1:30PM	Stretch Yoga (10) 伸展瑜伽 Sharon	Aerial Yoga Lv1 (10) (Male and Female) 空中瑜伽 Isabel		Hatha ®(9) 哈達傳統瑜伽® Quail(Cherry) 12:15pm - 1:15pm	Arm Balance® (9) 手平衡瑜伽® Lemon	Stretch Yoga (14) 伸展瑜伽 Anna.L 12:15pm - 1:15pm	
12:45PM - 1:45PM			Aerial Yoga (10) 空中瑜伽 Ceci				Hatha® (12) 哈達傳統瑜伽 Macy
1:30PM - 2:30PM	Aerial Yoga (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 (10) 空中瑜伽 Quail(Cherry)	Aerial Yoga (10) 空中瑜伽 Lemon 1:45pm - 2:45pm	Aerial Yoga (14) 空中瑜伽 Ceci 1:20pm-2:20pm	Stretch Yoga® (12) 伸展瑜伽® Macy 2:00pm - 3:00pm
2:30PM - 3:30PM				Aerial Hoop (15) 空中吊環 Hailey(Wing)		Stretch Yoga (14) 伸展瑜伽 Ceci 2:20pm-3:20pm	
5:30PM - 6:30PM			Wheel Yoga (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 (14) 空中瑜伽 Tiffany	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 (14) 空中瑜伽 Quail(Cherry) 7:15pm - 8:15pm	Stretch Yoga (12) 伸展瑜伽 Charlie		
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	Yin Yoga(12) 陰瑜伽 Charlie		

- 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。
- 開堂前3小時不可網上預約課堂。
- 所有課堂必須2位或以上學員預約上課, 方可開課。
- 開班後15分鐘不准進入課堂。
- 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)
- Aerial Yoga只接受女學員報名, 特別注明除外。
- 孕婦瑜伽只適合計劃懷孕或已懷孕12週之會員參加。
- 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。
- Aerial Hoop課堂需扣兩堂課堂。(只適用於堂數及任玩套業)
- Sinaina Bowl 課堂遲到不得進入, 以免影響進行中的學生。