



My Yoga

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旺角亞皆老街16B號旺角商業大廈17樓D室(旺角地鐵站C4出口旁邊)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
11:30AM - 12:30PM	Yoga Flow® (10) 連串瑜伽® Sue 10:00am-11:00am	Wheel Yoga (10) 瑜伽輪 Charlie 11:30am-12:30pm	Slim Yoga (10) 瘦身瑜伽 Grace 10:30am - 11:30am	Hatha (10) 哈達傳統瑜伽 Stephy 11:00am - 12:00pm	Hatha (10) 哈達傳統瑜伽 Ling Ling 10:30am-11:30am		
12:30PM - 1:30PM	Relaxing Stretch Yoga® (10) 減壓伸展瑜伽® Sue 11:05am-12:05pm	Stretch Yoga (10) 伸展瑜伽 Charlie 12:35pm - 13:35pm	Aroma Yoga (10) 香薰瑜伽 Grace 11:30am - 12:30pm	Stretch Yoga (10) 伸展瑜伽 Stephy 12:10pm - 1:10pm	Deep Stretch (10) 深層伸展 Ling Ling 11:35am-12:35pm		
1:30PM - 2:30PM						Vinyasa for Beginner (15) 初級連串瑜伽 Bowie 1:00pm-2:00pm	Aerial Yoga (13) 空中瑜伽 Candice 1:00pm-2:00pm
2:30PM - 3:30PM						Aroma Yoga (15) 香薰瑜伽 Bowie 2:00pm - 3:00pm	Beginner Stretch Yoga (12) 初級伸展瑜伽 Candice 2:05pm-3:05pm
3:30PM - 4:30PM							
5:30PM - 6:30PM							
6:30PM - 7:30PM	Aerial Yoga (13) 空中瑜伽 Natalie 6:00pm-7:00pm	Beginner Wheel Yoga® (15) 初級瑜伽輪® Bowie Luan	Basic Aerial Yoga® (13) 基礎空中瑜伽® Grace	Wheel Yoga Be Happy® (15) 開心瑜伽輪 Bowie Luan	TRX (12) Jaybi		
7:30PM - 8:30PM	Wheel Yoga (12) 瑜伽輪 Natalie 7:00pm-8:00pm	Beginner Hatha® (15) 初級哈達傳統瑜伽® Bowie Luan	Conditioning and Sculpting Fitness® (12) 調節塑身運動® Grace	Beginner Vinyasa® (15) 初級連串瑜伽 Bowie Luan	Basic Hatha (12) 基礎哈達傳統瑜伽 Coco		
8:30PM - 9:30PM	TRX (12) Wallace 8:30pm-9:30pm	Backbend & Handstand Lvl 2® (18) 進階後彎倒立瑜伽® Bowie Luan	Relaxing Stretch Yoga® (12) 減壓伸展瑜伽® Grace	Aerial Hoop (15) 空中吊環 Grace	Relaxing Stretch and Sound Healing (12) 頰鉢療癒法與放鬆伸展 Coco		

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Bowie Luan 旺角課堂。