



My Yoga

May 2022
WAN CHAI CENTER
(Last updated : 25/4)

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灣仔駱克道137-147號香江大廈1樓D&E室 (灣仔A1地鐵站出口對面)

紅色=有變更的課堂

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30AM - 11:30AM					Stretch Yoga (10) 伸展瑜伽 Wing		
11:30AM - 12:30AM					Hatha Basic (10) 基本哈達傳統瑜伽 Wing	Stretch Yoga (13) 伸展瑜伽 Kathy	
12:30AM - 1:30PM	Hatha (10) 哈達傳統瑜伽 Kathy	Beginner Yoga (10) 初級瑜伽 Lemon	Stretch Yoga (10) 伸展瑜伽 Phoebe	Wheel Yoga (10) 瑜伽輪 Albee	Aerial Yoga (14) 空中瑜伽 Amy	Beginner Aerial Yoga(12) 初級空中瑜伽 Amy(21/5開始) 12:00pm-1:00pm	Stretch Yoga (13) 伸展瑜伽 Lemon 12:15pm-1:15pm
1:30PM - 2:30PM	Stretch Yoga (10) 伸展瑜伽 Kathy	Hatha (10) 哈達傳統瑜伽 Lemon	Beginner Yoga (10) 初級瑜伽 Phoebe	Xin Yoga (10) 芯瑜伽 Ellen	Backbend & Inversion (14) 後彎及倒轉 Amy	Hatha (13) 哈達傳統瑜伽 Kathy 12:30pm-1:30pm	Backbend & Inversion (13) 後彎及倒轉 Lemon
2:30PM - 3:30PM			Arm Balance (13) 手平衡瑜伽 Lemon			Shoulder & Hip Opening 肩部及膊頭伸展 (13) Cammie 2:00pm - 3:00pm	Free Practice (0) 3:00pm - 4:00pm
3:30PM - 4:30PM							
5:30PM - 6:30PM				Stretch Yoga (14) 伸展瑜伽 Amy 6:00pm -7:00pm Backbend and Inversion (15) 後彎及倒轉 Amy 7:00pm -8:00pm	Backbend & Inversion (13) 後彎及倒轉 Lemon 6:00pm-7:00pm		
6:30PM - 7:30PM	Aerial Yoga (14) 空中瑜伽 Rosita	Hatha (13) 哈達傳統瑜伽 Natasha	Beginner Aerial Yoga (14) 初級空中瑜伽 June		Beginner Yoga (12) 初級瑜伽 Amy		
7:35PM - 8:35PM	Hatha (13) 哈達傳統瑜伽 Mic	Aerial Yoga (13) 空中瑜伽 Kamyran	Yoga Wheel (13) 瑜伽輪 June	Aerial Yoga (14) 空中瑜伽 Rosita 8:10pm -9:10pm	Beginner Aerial Yoga (14) 初級空中瑜伽 Nicole 7:10pm -8:10pm		
8:40PM - 9:40PM	Relaxing Stretch Yoga (13) 放鬆伸展瑜伽 Mic	Stretch Yoga (13) 伸展瑜伽 Kamyran	Stretch Yoga (13) 伸展瑜伽 June		Arm Balance (14) 手平衡瑜伽 Amy 7:30pm -8:30pm		

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, 課堂點數亦不會變更。
7. 任玩課堂套票不適用於Workshop, Amy及Lemon的課堂。