MY FITNESS

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地址：觀塘開源道55號開聯工業中心B座5樓6-7室(地鐵站B3出口,向前直行中銀同恆生樓上)

Time Table　　Dec-22

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					Wheel Yoga® (12) Anna.L 10:15am - 11:15am	Aerial Yoga Lvl 1(14) Lu 10:00am - 11:00am
Core、Hip & Thigh (5) Ivan 12:30pm - 1:00pm	Stretch Yoga® (9) Isabel 11:30am - 12:30pm	MFT (5) William 12:30pm - 1:00pm	Hatha® (9) Quail (Cherry) 12:15pm - 13:15pm	Core、Hip & Thigh (5) Ivan 12:30pm - 1:00pm	Body Pump (12) Wallace 11:00am- 11:45am	Backending & twisting® (14) Lu 11:00am - 12:00pm
Gentle Flow (10) Natalie 12:30pm - 1:30pm	Aerial Yoga Lv 1 (10) (Male and Female) Isabel 12:30pm - 1:30pm	Aerial Yoga Lv 1 (10) Ceci 12:45pm - 1:45pm	MFT (5) Ivan 12:30pm - 1:00pm	Arm Balance® (9) Lemon 12:30pm - 1:30pm	Core、Hip & Thigh (14) Margaret 11:00am - 12:00pm	Fitness Class (14) 11:30am - 12:30pm
Thai Boxing (9) Pea 12:45pm - 1:45pm	Thai Boxing (9) Pea 12:45pm - 1:45pm	Thai Boxing (9) Pea 12:45pm - 1:45pm	Thai Boxing (9) Pea 12:45pm - 1:45pm	Thai Boxing (9) Pea 12:45pm - 1:45pm	Hatha® (14) Anna.L 11:15am - 12:15pm	Hatha® (12) Macy 12:45pm - 1:45pm
KO8(TRX) (5) Ivan 1:00pm - 1:30pm		Core、Hip & Thigh (5) Ivan 1:00pm - 1:30pm	Core、Hip & Thigh (5) Ivan 1:00pm - 1:30pm	MFT (5) Will 1:00pm - 1:30pm	Body Combat (12) Wallace 11:45am- 12:30pm	Fitness Class (14) 12:45pm - 1:45pm
Aerial Yoga (10) Natalie 1:45pm - 2:45pm		都市病治療瑜伽 (10) Ceci 2:00pm - 3:00pm	Aerial Yoga (10) Quail (Cherry) 1:30pm - 2:30pm	Aerial Yoga (10) Lemon 1:45pm - 2:45pm	Stretch Yoga (14) Anna.L 12:15pm - 1:15pm	Stretch Yoga® (12) Macy 2:00pm - 3:00pm
			Aerial Hoop (15) Hailey (Wing) 2:45pm - 3:45pm		MFT (15) Ivan 12:45pm - 1:45pm	
Stretch Yoga (14) Hailey (Wing) 6:30pm - 7:30pm	MFT (14) Will & Ivan 6:30pm - 7:30pm	Wheel Yoga (12) Yokii 5:30pm - 6:30pm	Stretch Yoga (14) Quail (Cherry) 6:15pm - 7:15pm	Beginner Yoga (12) Hailey (Wing) 5:30pm - 6:30pm	Aerial Yoga Lv 1 (14) Ceci 1:20pm - 2:20pm	
Thai Boxing Pad Training (12) Pea 6:30pm - 7:30pm	Aerial Yoga (14) Tiffany 6:30pm - 7:30pm	Thai Boxing (12) Pea 6:15pm - 7:15pm	Body Pump (12) Elle 6:30pm - 7:15pm	Aerial Yoga Lv 1 (14) Hailey (Wing) 6:30pm - 7:30pm	Thai Boxing (15) Pea 2:00pm - 3:00pm	
Aerial Yoga (14) Hailey (Wing) 7:30pm - 8:30pm	Thai Boxing Pad Training (12) Pea 6:30pm - 7:30pm	Core、Hip & Thigh (14) Ivan 6:30pm - 7:30pm	Thai Boxing (12) Pea 6:15pm - 7:15pm	Thai Boxing Pad Training (12) Pea 6:30pm - 7:30pm	Stretch Yoga (14) Ceci 2:20pm - 3:20pm	
Thai Boxing (12) Yin 7:30pm - 8:30pm	Thai Boxing (12) Yin 7:30pm - 8:30pm	香薰瑜伽® (14) Yokii 6:30pm - 7:30pm	Aerial Yoga (14) Quail (Cherry) 7:15pm - 8:15pm	HIIT (8) Ivan 7:00pm - 7:30pm	都市病治療瑜伽 (14) Ceci 3:30pm - 4:30pm	
MFT (14) Ivan 7:30pm - 8:30pm	Hip Opening® (14) Sue 7:30pm- 8:30pm	KO8(TRX) (14) Ivan 7:30pm - 8:30pm	Thai Boxing (14) Ivan 7:15pm - 8:15pm	Body Combat (12) Wallace 7:30pm - 8:15pm		
Aerial Hoop Beginner* (15) Hailey (Wing) 8:30pm - 9:30pm	Core、Hip & Thigh (14) Margaret 7:30pm - 8:30pm	Beginner Yoga (12) Mic 7:30pm - 8:30pm	MFT (14) William 7:30pm - 8:30pm	Stretch Yoga (12) Charlie 7:30pm - 8:30pm		
Thai Boxing Tech & Sparring (12) Pea 8:30pm - 9:30pm	Thai Boxing Pad Training (12) Pea 8:30pm - 9:30pm	Thai Boxing (12) Pea 8:30pm - 9:30pm	都市病治療瑜伽® (14) Quail (Cherry) 8:15pm - 9:15pm	Body Pump (12) Dominic 7:30pm - 8:15pm		
Body Pump (12) Rae 8:45pm - 9:30pm	MFT (14) Yin 8:30pm - 9:30pm	Relaxing Stretch Yoga (13) Mic 8:30pm - 9:30pm	菲律賓魔杖初班 (15) Jasper 8:30pm - 10:00pm	Yin Yoga (12) Charlie 8:30pm - 9:30pm		
	Stretch Yoga® (14) Sue 8:30pm - 9:30pm	MFT (14) Chesta 8:30pm - 9:30pm	Body Combat (12) Elle 8:30pm - 9:15pm	Muscle Pump Up (14) Ivan 8:30pm - 9:30pm		

注意事項：

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。
3. 開堂前3小時內不可網上預約課堂。
4. 所有課堂必須2位或以上學員預約上課，方可開課。
5. 開班後15分鐘不準進入課室。
6. 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。
7. Aerial Yoga只接受女學員報名，特別註明除外。
8. 孕婦瑜伽只適合計劃懷孕或已懷孕12週之會員參加。
9. 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。
10. Aerial Hoop課堂,需扣兩堂課堂。(只適用於堂數及任玩套票)

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