



# My Yoga

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**Nov 2022**  
**WAN CHAI**  
(Last updated : 19/10)

紅色=有變更的課堂

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:15AM - 8:15AM	Early practice (10) Albee 7:30am-8:30am	Early practice (10) Cathy	Early practice (10) Albee 7:30am-8:30am	Early practice (10) Cathy	Early practice (10) Albee 7:30am-8:30am		
10:30AM - 11:30AM			Hatha (10) 哈達傳統瑜伽 Lemon	Wheel Yoga (10) 瑜伽輪 Christina	Stretch Yoga (10) 伸展瑜伽 Wing		Beginner Aerial Yoga(12) 初級空中瑜伽 Kico
11:35AM - 12:35AM			Beginner Yoga (10) 初級瑜伽 Nicole	Hatha Flow (10) 哈達流動瑜伽 Christina	Hatha Basic (10) 基礎哈達傳統瑜伽 Wing		Stretch Yoga (12) 伸展瑜伽 Kico
12:40AM - 1:40PM	Hatha (10) 哈達傳統瑜伽 Kathy 12:30pm-1:30pm	Beginner Yoga (10) 初級瑜伽 Lemon 12:30pm-1:30pm	Stretch Yoga (10) 伸展瑜伽 Phoebe	Beginner Aerial Yoga (12) 初級空中瑜伽 Albee 12:30pm-1:30pm	Aerial Yoga (14) 空中瑜伽 Amy	Stretch Yoga (13) 伸展瑜伽 Kathy 12:00pm-1:00pm	Arm balance (14) 手平衡瑜伽 Lemon
1:45PM - 2:45PM	Stretch Yoga (10) 伸展瑜伽 Kathy 1:35pm-2:35pm	Hatha (10) 哈達傳統瑜伽 Lemon 1:35pm-2:35pm	Hatha (10) 哈達傳統瑜伽 Phoebe	Wheel Yoga (10) 瑜伽輪 Albee 1:35pm-2:35pm	Backbend & Inversion (14) 後彎及倒轉 Amy	Hatha (13) 哈達傳統瑜伽 Kathy 1:05pm-2:05pm	Backbend & Inversion (14) 後彎及倒轉 Lemon
2:30PM - 3:30PM						Shoulder & Hip Opening (13) 腕部及膊頭伸展 Kathy 2:10pm-3:10pm	Free Practice (0) 3:00pm - 4:00pm
6:00PM - 7:00PM	Aerial Yoga (14) 空中瑜伽 Kamyran 6:00pm-7:00pm	Wheel Yoga (14) 瑜伽輪 Jacqueline 5:30-6:30pm	Myring Yoga (14) 瑜伽環 Jacqueline 6:00pm-7:00pm	Stretch Yoga (14) 伸展瑜伽 Amy 6:00pm-7:00pm	Backbend & Inversion (20) 後彎及倒轉 Amy 6:00pm-7:00pm	Newbies Club (10) 新手課堂 Lemon 3:30pm-4:45pm	
6:30PM - 7:30PM		Hatha (13) 哈達傳統瑜伽 Nicole 6:30pm-7:30pm	Wheel Yoga (14) 瑜伽輪 Albee 6:30pm-7:30pm	Spinning hammock (15) 空中旋轉舞蹈 Jessy 6:00pm-7:00pm	Beginner Yoga (12) 初級瑜伽 Lemon 6:30pm-7:30pm		
7:00PM - 8:00PM	Hatha (13) 哈達傳統瑜伽 Mic 7:05pm-8:05pm	Hatha Flow (13) 哈達流動瑜伽 Mic 6:35-7:35pm	Arm balance (14) 手平衡瑜伽 Lemon 7:00pm-8:00pm	Backbend and Inversion (18) 後彎及倒轉 Amy 7:05pm-8:05pm	Beginner Aerial Core (12) 初級空中核心訓練 Nicole 7:10pm-8:10pm		
7:35PM - 8:35PM	Aerial Stretch (14) 空中伸展瑜伽 Terri 7:30pm-8:30pm	Aerial Yoga (14) 空中瑜伽 Kamyran 7:35pm-8:35pm	Slim Yoga (13) 瘦身瑜伽 Albee 7:35pm-8:35pm	Mat Omakase (18) 老師發板 Amy 8:10pm-9:10pm	Arm Balance (14) 手平衡瑜伽 Amy 7:35pm-8:35pm		
8:10PM - 9:10PM	Relaxing stretch with crystal bowl (13) 放鬆伸展瑜珈 (水晶鉢) Mic 8:10pm-9:10pm	Yin with crystal bowl (14) 陰瑜珈 (水晶鉢) Mic 7:40-8:40pm	Stretch Yoga (13) 伸展瑜伽 Lemon 8:05pm-9:05pm	Aerial Yoga (14) 空中瑜伽 Esther 8:10pm-9:10pm	Relaxing stretch (13) 放鬆伸展瑜珈 Cathy 8:30pm-9:30pm		
8:40PM - 9:40PM	Wheel Yoga (14) 瑜伽輪 Terri 8:35pm-9:35pm	Stretch Yoga (13) 伸展瑜伽 Kamyran 8:40pm-9:40pm	Beginner Aerial Yoga (14) 初級空中瑜伽 Albee 8:40pm-9:40pm				

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. 如課堂在13:30pm前有1位學員預約方可開課，13:30pm後必須2位或以上學員預約上課，才可開課。
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. 任玩課堂套票不適用於Workshop,及Amy的課堂。