

Time Table						Jul-22	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
		Stretch Yoga® (9) Cindy 10:30am - 11:30am			Yoga Wheel (12) Anna.L 10:15am - 11:15am	Aerial Yoga Lvl 1(14) Lu 10:00am - 11:00am	
CoreFit (5) Eric 12:30pm - 1:00pm	Stretch Yoga (9) Isabel 11:30am - 12:30pm	MFT (5) Reggie 12:30pm - 1:00pm		MFT (5) Katrina 12:30pm - 1:00pm	Body Combat (14) Wallace 10:30am - 11:15am	Body Combat (14) Ason 10:30am - 11:15am	
Stretch Yoga (10) Sharon 12:30pm - 1:30pm	Aerial Yoga Lv 1 (10) (Male and Female) Isabel 12:30pm - 1:30pm	Body Combat (10) Jason 12:30pm - 1:15pm	都市病治療瑜伽 (9) Quail (Cherry) 12:15pm - 13:15pm	都市病治療瑜伽 (9) Lemon 12:30pm - 1:30pm	Peach Booty (14) Yannes 11:00am - 12:00pm	Backending & twisting (14) Lu 11:00am - 12:00pm	
KO8(TRX) (5) Eric 1:00pm - 1:30pm	Thai Boxing (9) Ivan 12:45pm - 1:45pm	Core Fit (5) Reggie 1:00pm - 1:30pm	Thai Boxing (10) Ivan 12:45pm - 1:45pm	CoreFit (5) Katrina 1:00pm - 1:30pm	Hatha (14) Anna.L 11:15am - 12:15pm	Fitness Class (14) 11:30am - 12:30pm	
Aerial Yoga Lv 1 (10) Sharon 1:45pm - 2:45pm		Aerial Yoga Lv 1 (10) Ceci 12:45pm - 1:45pm	Aerial Yoga Lv 1 (10) Quail (Cherry) 1:30pm - 2:30pm	Aerial Yoga (10) Lemon 1:45pm - 2:45pm	Body Jam (14) Wallace 11:15am - 12:00pm	Body Pump (14) Ason 11:30am - 12:30pm	
		都市病治療瑜伽 (10) Ceci 2:00pm - 3:00pm			Stretch Yoga (14) Anna.L 12:15pm - 1:15pm	Hatha (12) Macy 12:45pm - 1:45pm	
			Stretch Yoga (14) Quail (Cherry) 6:15pm - 7:15pm	Beginner Yoga (12) Hailey (Wing) 5:30pm - 6:30pm	MFT (15) Ivan 12:45pm - 1:45pm	Fitness Class (14) 12:45pm - 1:45pm	
Stretch Yoga (14) Hailey (Wing) 6:30pm - 7:30pm	MFT (14) Ivan 6:30pm - 7:30pm	Yoga Wheel (12) Yokii 5:30pm - 6:30pm	Body Pump (14) Elle 6:30pm - 7:15pm	Thai Boxing (14) Ivan 6:30pm - 7:30pm	Aerial Yoga Lv 1 (14) Ceci 1:20pm - 2:20pm	Stretch Yoga (12) Macy 2:00pm - 3:00pm	
CoreFit (12) Katrina 6:30pm - 7:30pm	Aerial Yoga Lv 1 (14) Demi 6:30pm - 7:30pm	Core Fit (14) Eric 6:30pm - 7:30pm	Aerial Yoga Lvl 1 (14) Quail (Cherry) 7:15pm - 8:15pm	KO8(TRX) (14) Reggie 6:30pm - 7:30pm	Body Pump (14) Eric.S 2:00pm - 3:00pm		
菲律賓魔杖初班(戶外) (15) 7:00pm - 8:30 pm	Thai Boxing (12) Yin 7:15pm - 8:15pm	香薰瑜伽 (14) Yokii 6:30pm - 7:30pm	Thai Boxing (14) Ivan 7:15pm - 8:15pm	Aerial Yoga Lv 1 (14) Hailey (Wing) 6:30pm - 7:30pm	Thai Boxing (14) Ivan 2:00pm - 3:00pm		
Body Combat (14) Jason / Ason 7:00pm - 7:45pm	Core Fit (14) Yannes 7:30pm - 8:30pm	KO8(TRX) (14) Ivan 7:30pm - 8:30pm	MFT (14) Eric 7:30pm - 8:30pm	Body Combat (14) Wallace 7:30pm - 8:15pm	Stretch Yoga (14) Ceci 2:20pm - 3:20pm		
MFT (14) Ivan 7:30pm - 8:30pm	Hip Opening (14) Sue 7:30pm - 8:30pm	Body Combat (14) David 7:45pm - 8:30pm	都市病治療瑜伽® (14) Quail (Cherry) 8:15pm - 9:15pm	Body Pump (14) Dominic 7:30pm - 8:15pm	都市病治療瑜伽 (14) Ceci 3:30pm - 4:30pm		
Aerial Yoga Lv 1 (14) Hailey (Wing) 7:30pm - 8:30pm	Body Pump (14) Eric.S 8:30pm - 9:15pm	MFT (14) Chesta 8:30pm - 9:30pm	菲律賓魔杖初班 (15) Jasper 8:30pm - 10:00pm	Hip Opening (12) Natalie 7:30pm - 8:30pm			
Thai Boxing (12) Yin 8:00pm - 9:00pm	MFT (14) Yin 8:30pm - 9:30pm	Body Jam(14) Kenry 8:30pm - 9:15pm	Body Combat (14) Elle 8:30pm - 9:15pm	Body Jam (14) Wallace 8:15pm - 9:00pm			
Aerial Hoop Beginner* (15) Hailey (Wing) 8:30pm - 9:30pm	Stretch Yoga (14) Sue 8:30pm - 9:30pm	Body Pump(14) Carlos 8:45pm - 9:30pm		Shoulder and Chest Opening (12) Natalie 8:30pm - 9:30pm			
Body Pump (14) Jason/Ason 8:30pm - 9:15pm				Muscle Pump Up (14) Eric 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分鐘不準進入課堂。
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)

**My Fitness Booking Apps**

