



My Yoga

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

Mar 2023
KWUN TONG CENTER

(Last update : 16/Feb)

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-------------------|---|---|--|---|--|--|--|
| 10:30AM - 11:30AM | | | | | | Wheel Yoga® (12) 瑜伽輪® Anna,L 10:15am - 11:15am | Aerial Yoga (14) 空中瑜伽 Lu 10:00am - 11:00am |
| 11:30AM - 12:30AM | | Stretch Yoga® (9) 伸展瑜伽® Isabel | | | | Hatha® (14) 哈達傳統瑜伽® Anna,L 11:15am - 12:15pm | Backending & Twisting® (14) 後仰與扭轉® Lu 11:00am - 12:00pm |
| 11:45AM - 12:45PM | | | | | | | |
| 12:30AM - 1:30PM | Gentle Flow (10) 溫和流動瑜伽 Natalie | Aerial Yoga Lv1 (10) (Male and Female) 空中瑜伽 Isabel | | Hatha® (9) 哈達傳統瑜伽® Quail(Cherry) 12:15pm - 1:15pm | Hatha® (9) 哈達傳統瑜伽® Lemon | Stretch Yoga (14) 伸展瑜伽 Anna,L 12:15pm - 1:15pm | |
| 12:45PM - 1:45PM | | | Aerial Yoga (10) 空中瑜伽 Ceci | | | | Hatha® (12) 哈達傳統瑜伽 Macy |
| 1:30PM - 2:30PM | Aerial Yoga (10) 空中瑜伽 Natalie 1:45pm - 2:45pm | | City Ailment Therapy Yoga 都市病治療瑜伽 (10) Ceci 2:00pm - 3:00pm | Aerial Yoga (10) 空中瑜伽 Quail(Cherry) | Aerial Yoga (10) 空中瑜伽 Lemon 1:45pm - 2:45pm | Aerial Yoga (14) 空中瑜伽 Ceci 1:20pm-2:20pm | Stretch Yoga® (12) 伸展瑜伽 Macy 2:00pm-3:00pm |
| 2:30PM - 3:30PM | | | | Aerial Hoop (15) 空中吊環 Hailey(Wing) | | Stretch Yoga (14) 伸展瑜伽 Ceci 2:20pm-3:20pm | |
| 5:30PM - 6:30PM | | | Wheel Yoga (12) 瑜伽輪 Yokii | | Bginner Yoga (12) 初級瑜伽 Hailey(Wing) | City Ailment Therapy Yoga 都市病治療瑜伽 (14) Ceci 3:30pm-4:30pm | |
| 6:30PM - 7:30PM | Stretch Yoga (14) 伸展瑜伽 Hailey(Wing) | Aerial Yoga (14) 空中瑜伽 Yubo | Aroma Yoga® (14) 香薰瑜伽® Yokii | Stretch Yoga (14) 伸展瑜伽 Quail(Cherry) 6:15pm - 7:15pm | Aerial Yoga (14) 空中瑜伽 Hailey(Wing) | | |
| 7:30PM - 8:30PM | Aerial Yoga Lv1 (14) 空中瑜伽 Hailey(Wing) | Hip Opening® (14) 開髖伸展瑜伽® Sue | Relaxing Stretch + Singing Bowl (12) Mic | Aerial Yoga (14) 空中瑜伽 Quail(Cherry) 7:15pm - 8:15pm | | | |
| 8:30PM - 9:30PM | Aerial Hoop Beginner(15) 初級空中吊環 Hailey(Wing) | Stretch Yoga® (14) 伸展瑜伽® Sue | Yin Yoga (13) 陰瑜伽 Mic | City Ailment Therapy Yoga 都市病治療瑜伽 (14) Quail(Cherry) 8:15pm - 9:15pm | | | |

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)
11. Singing Bowl 課堂遲到不得進入,以免影響進行中的學生。