



My Yoga

Apr 2023
JORDAN CENTER
(Last updated : 17/Mar)

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地址 : 佐敦彌敦道221號同昌商業大廈10A (佐敦地鐵站C1出口)

紅色=有變更的課堂

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09:30AM - 10:30AM		Hatha® (10) 哈達傳統瑜伽® Ruby 10:00am - 11:00am	Stretch Yoga® (10) 伸展瑜伽® Quail (Cherry) 10:00am-11:00am				
10:30AM - 11:30AM		Stretch Yoga® (10) 伸展瑜伽® Ruby 11:00am - 12:00pm	Hatha® (10) 哈達傳統瑜伽® Quail (Cherry) 11:00am-12:00pm	Slim Detox Yoga® (10) 修身排毒瑜伽® Sue 10:00am - 11:00am	Aerial Yoga (12) 空中瑜伽 Hailey (Wing) 10:45am - 11:45am	Aerial Yoga (15) 空中瑜伽 Hailey 10:45am-11:45am	
11:30AM - 12:30PM	Hatha® (10) 哈達傳統瑜伽® Kiki 11:30am-12:30am			Stretch Yoga® (10) 伸展瑜伽® Sue 11:00am - 12:00pm	Hatha® (12) 哈達傳統瑜伽® Tanner 12:15pm - 1:15pm	Aerial Hoop (16) 空中吊環 Hailey 11:45am-12:45pm	Stretch Yoga (13) 伸展瑜伽 Olivia 11:30am-12:30pm
12:30PM - 1:30PM	Wheel Yoga (10) 瑜伽輪 Kiki 12:30am-13:30pm				Relaxing Stretch Yoga®(12) 減壓伸展瑜伽® Tanner 1:15pm-2:15pm		Wheel Yoga (13) 瑜伽輪 Olivia 12:30pm-1:30pm
1:30PM - 2:30PM						Beginner Yoga (12) 初級瑜珈 Tanner 1:00pm-2:00pm	Aerial Hoop Foundation (13) 初階空中吊環 Cee 13:45pm-14:45pm
2:30PM - 3:30PM						Stretch Yoga (14) 伸展瑜伽 Tanner 2:00pm-3:00pm	
6:30PM - 7:30PM	Wheel Yoga (14) 瑜伽輪 Tanner	Beginner Yoga (12) 初級瑜珈 Kiki	Gentle Flow (12) 溫和流動瑜珈 Olivia	Aerial Yoga Beginner (12) 初級空中瑜珈 Hailey (Wing)	Stretch Yoga (13) 伸展瑜珈 Katy	Core & Arm® (14) 核心和手臂訓練® Tanner 3:00pm-4:00pm	
7:30PM - 8:30PM	Hatha (17) 哈達傳統瑜珈 Tanner 7:30pm-8:45pm	Stretch Yoga (13) 伸展瑜珈 Kiki	Stretch Yoga (13) 伸展瑜珈 Olivia	Stretch Yoga (14) 伸展瑜珈 Hailey (Wing)	TRX (14) Katy		
8:30PM - 9:30PM		Aerial Yoga Beginner (12) 初級空中瑜珈 Kico	Aerial Hoop Foundation (13) 初階空中吊環 Hailey (Wing)	Vinyasa® (14) 串聯瑜珈® Hailey (Wing)	Aerial Hoop Tricks (13) Regin		

1. 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. 任玩套票不適用於Tanner佐敦課堂。
8. Aerial Hoop & Sipping Hammock 課堂, 需扣兩堂。(只適用於堂數及任玩套票)