



My Yoga

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Nov 2022
JORDAN CENTER

(Last updated : 20/10)

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® Charlie 10:00am-11:00am	Hatha® (10) 哈達傳統瑜伽® Ruby 10:00am - 11:00am	Stretch Yoga® (10) 伸展瑜伽® Lu 10:00am-11:00am	Slim Detox Yoga® (10) 修身排毒瑜伽® Sue 10:15am - 11:15am	Aerial Yoga (12) 空中瑜伽 Hailey (Wing) 10:45am - 11:45am		
10:30AM - 11:30AM	Wheel Yoga (10) 瑜伽輪 Charlie 11:00am-12:00pm	Stretch Yoga® (10) 伸展瑜伽® Ruby 11:00am - 12:00pm	Hatha® (10) 哈達傳統瑜伽® Quail 11:00am-12:00pm	Stretch Yoga® (10) 伸展瑜伽® Sue 11:15am - 12:15pm		Aerial Yoga (15) 空中瑜伽 Hailey 10:45am-11:45am	
11:30AM - 12:30PM			Yin® (10) 陰瑜伽® Quail 12:00pm-13:00pm		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					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) 初級瑜伽 Tanner 1:00pm-2:00pm	
2:30PM - 3:30PM						Stretch Yoga (14) 伸展瑜伽 Tanner 2:00pm-3:00pm	
						Core & Arm® (14) 核心和手臂訓練® Tanner 3:00pm-4:00pm	
6:30PM - 7:30PM	Wheel Yoga (14) 瑜伽輪 Tanner	Beginner Yoga (12) 初級瑜伽 Kiki	Gentle Flow (12) 溫和流動瑜伽 Olivia	Aerial Yoga Beginner(12) 初級空中瑜伽 Hailey (Wing)	Stretch Yoga (13) 伸展瑜伽 Katy		
7:30PM - 8:30PM	Hatha (17) 哈達傳統瑜伽 Tanner 7:30pm-8:45pm	Stretch Yoga (13) 伸展瑜伽 Kiki	Stretch Yoga (13) 伸展瑜伽 Olivia	Stretch Yoga (14) 伸展瑜伽 Hailey (Wing)	Shoulder & Back Opening (13) 開肩背瑜伽 Theresa		
8:30PM - 9:30PM		hip opening (13) 開髖伸展瑜伽 Kiki	Aerial Hoop Foundation (13) 初級空中吊環 Hailey (Wing)	Vinyasa® (14) 串聯瑜伽® Hailey (Wing)	Spinning Hammock (16) 空中旋轉舞蹈 Nicola		

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 & Spinning Hammock 課堂，需扣兩堂。(只適用於堂數及任玩套票)