

Kwun Tong | Tsim Sha Tsui | Mong Kok | Lai Chi Kok | Causeway Bay

# May

[www.byogahk.com](http://www.byogahk.com)

ALL BRANCHES

Schedule



	基礎地面瑜伽 (初) 11:30 🐱 with Mr Roy Y	核心床-美臀普拉提 (初) 11:25 🐱 with Emily P			基礎地面瑜伽 (初) 11:10 🐱 with Tsui Tsui T		
	瘦身瑜伽 (中) 12:30 🐱 with Sunny W	放鬆舒展瑜伽 (初) 12:40 🌱 with Mr Roy Y	核心床-體態矯正 (初) 12:35 🌱 with Emily P		基礎地面瑜伽 (初) 12:35 🐱 with Tammy C		放鬆舒展瑜伽 (初) 12:20 🌱 with Tsui Tsui T
	開肩舒痛瑜伽 (初) 13:40 🌱 with Sunny W	Lv.1 空中瑜伽 (中) 13:50 小班 🐱 with Elsie W			開肩舒痛瑜伽 (初) 13:45 小班 🌱 with Tammy C		基礎觀關伸展瑜伽 (初) 13:30 🌱 with Tsui Tsui T
		基礎空中瑜伽 (初) 15:00 小班 🐱 with Elsie W			開肩舒痛瑜伽 (初) 16:50 小班 🌱 with Cora C		
	香薰療癒瑜伽 (初) 17:05 小班 🌱 with Joann S	基礎空中瑜伽 (初) 17:40 🐱 with Ringo W	核心床-美臀普拉提 (初) 17:05 🐱 with Tin W				
放鬆舒展瑜伽 (初) 18:10 🌱 with Janbi F	地面普拉提 (初) 18:15 🐱 with Joann S	Lv.1 空中瑜伽 (中) 18:50 🐱 with Ringo W	核心床-入門伸展 (初) 18:15 🌱 with Tin W	基礎地面瑜伽 (初) 18:00 🐱 with Cora C	基礎觀關伸展瑜伽 (初) 18:10 🌱 with Tsui Tsui T	Lv.1 空中普拉提 (中) 18:10 🐱 with Tina T	基礎地面瑜伽 (初) 18:30 🐱 with Rachel N
基礎地面瑜伽 (初) 19:20 🐱 with Janbi F	基礎觀關伸展瑜伽 (初) 19:25 🌱 with Tin W		核心床-核心強化 (初) 19:30 🐱 with Isabel A	基礎空中吊環 (初) 19:10 🐱 with Toby T	基礎地面瑜伽 (初) 19:15 🐱 with Tsui Tsui T	基礎空中瑜伽 (初) 19:20 🐱 with Tina T	伸展輪瑜伽 (初) 19:35 🌱 with Rachel N
開肩舒痛瑜伽 (初) 20:25 小班 🌱 with Janbi F	放鬆舒展瑜伽 (初) 20:35 🌱 with Tin W	基礎空中吊環 (初) 20:00 小班 🐱 with Ringo W	核心床-體態矯正 (初) 20:40 🌱 with Isabel A	基礎旋轉空中舞 (中) 20:20 🐱 with Toby T	放鬆舒展瑜伽 (初) 20:25 🌱 with Tsui Tsui T	開肩舒痛瑜伽 (初) 20:30 🌱 with Tina T	美臀瘦腿瑜伽 (初) 20:40 小班 🐱 with Rachel N

# May Schedule

Mon 逢星期一

(初), (中), (高) 代表難度

【小班】最多6人一班

每節一小時

舞蹈韻律

伸展舒緩

核心鍛鍊



					基礎地面瑜伽 (初) 11:30 🐱 with Hilary T		
		美臀瘦腿瑜伽 (初) 12:25 小班 🐱 with Sarah W			開肩舒痛瑜伽 (初) 12:40 🌱 with Hilary T		
		放鬆舒展瑜伽 (初) 13:30 🌱 with Sarah W			基礎觀關伸展瑜伽 (初) 13:50 小班 🌱 with Janbi F		
			基礎空中瑜伽 (初) 15:45 小班 🐱 with Gemini W			伸展輪瑜伽 (初) 15:00 🌱 with Janbi F	
	放鬆舒展瑜伽 (初) 16:50 🌱 with Sunny W	基礎旋轉空中舞 (中) 17:00 小班 🐱 with Gemini W					
基礎地面瑜伽 (初) 18:00 🐱 with Sunny W	放鬆舒展瑜伽 (初) 18:25 🌱 with Kathy L	基礎觀關伸展瑜伽 (初) 18:35 🌱 with Sarah W			基礎地面瑜伽 (初) 17:10 🐱 with Tammy C		
後彎開胸瑜伽 (高) 19:10 🐱 with Sunny W	基礎地面瑜伽 (初) 19:30 🐱 with Kathy L	頌鉢聲療瑜伽 (初) 19:45 🌱 with Sarah W			開肩舒痛瑜伽 (初) 18:20 🌱 with Tammy C	基礎空中瑜伽 (初) 18:30 🐱 with Kasey Y	基礎地面瑜伽 (初) 18:40 🐱 with Charlotte W
哈達瑜伽 (中) 20:20 🐱 with Sunny W	纖腰塑身瑜伽 (初) 20:40 🐱 with Kathy L				伸展輪瑜伽 (初) 19:30 🌱 with Jenny C	基礎觀關伸展瑜伽 (初) 19:40 🌱 with Kasey Y	內觀流瑜伽 (中) 19:50 🐱 with Charlotte W
					放鬆舒展瑜伽 (初) 20:40 小班 🌱 with Jenny C	Lv.1 空中瑜伽 (中) 20:45 小班 🐱 with Kasey Y	

<p><b>基礎地面瑜伽</b> (初) 07:30 📍 with Tze Lok C</p>								
<p><b>開肩舒痛瑜伽</b> (初) 08:40 小班 🌱 with Tze Lok C</p>								
<p><b>伸展輪瑜伽</b> (初) 11:20 🌱 with Maggie L</p>						<p><b>基礎地面瑜伽</b> (初) 11:20 📍 (5,12/5) Samantha H</p>		
<p><b>基礎靚關伸展瑜伽</b> (初) 12:30 🌱 with Maggie L</p>						<p><b>基礎空中瑜伽</b> (初) 12:25 📍 with Tina T</p>		
<p><b>基礎地面瑜伽</b> (初) 13:35 📍 with Maggie L</p>						<p><b>放鬆舒展瑜伽</b> (初) 12:30 🌱 with Samantha H</p>		
			<p><b>地面普拉提</b> (初) 14:40 小班 📍 with Cora C</p>					
			<p><b>放鬆舒展瑜伽</b> (初) 15:50 🌱 with Cora C</p>					
						<p><b>基礎靚關伸展瑜伽</b> (初) 12:30 🌱 with Tze Lok C</p>		
						<p><b>基礎空中瑜伽</b> (初) 13:40 小班 📍 with Tze Lok C</p>		
<p><b>基礎空中瑜伽</b> (初) 16:05 📍 with Tina T</p>								
<p><b>筋膜放鬆瑜伽</b> (初) 17:15 🌱 with Samantha H</p>			<p><b>基礎地面瑜伽</b> (初) 17:15 📍 with Tina T</p>			<p><b>地面普拉提</b> (初) 17:10 📍 with Ringo W</p>		
<p><b>基礎地面瑜伽</b> (初) 18:20 📍 with Samantha H</p>			<p><b>基礎靚關伸展瑜伽</b> (初) 18:25 🌱 with Tina T</p>			<p><b>基礎空中瑜伽</b> (初) 18:30 📍 with Kasey Y</p>		
<p><b>基礎空中瑜伽</b> (初) 18:20 📍 with Yan L</p>			<p><b>基礎地面瑜伽</b> (初) 18:20 📍 with Ringo W</p>			<p><b>基礎靚關伸展瑜伽</b> (初) 18:20 🌱 with Cora C</p>		
<p><b>纖腰塑身瑜伽</b> (初) 19:30 📍 with Samantha H*</p>			<p><b>基礎空中瑜伽</b> (初) 19:35 📍 with Tina T</p>			<p><b>基礎地面瑜伽</b> (初) 19:25 📍 with Cora C</p>		
<p><b>放鬆舒展瑜伽</b> (初) 20:40 🌱 with Samantha H*</p>						<p><b>基礎空中瑜伽</b> (初) 19:35 📍 with Gemini W</p>		
						<p><b>地面普拉提</b> (初) 20:35 📍 (27/5) Cora C</p>		
			<p><b>核心床-入門伸展</b> (初) 20:45 🌱 with Kasey Y</p>			<p><b>基礎空中瑜伽</b> (初) 20:40 📍 with Ringo W</p>		
						<p><b>基礎旋轉空中舞</b> (中) 20:45 小班 📍 with Gemini W</p>		



<p><b>基礎地面瑜伽</b> (初) 10:20 小班 📍 with Hilary T</p>								
<p><b>頌鉢聲療瑜伽</b> (初) 11:30 🌱 with Hilary T</p>						<p><b>放鬆舒展瑜伽</b> (初) 11:25 小班 🌱 with Cora C</p>		
<p><b>基礎地面瑜伽</b> (初) 12:40 📍 with Carol I</p>						<p><b>地面普拉提</b> (初) 12:35 📍 with Cora C</p>		
<p><b>經絡瑜伽</b> (初) 13:50 🌱 with Carol I</p>						<p><b>基礎空中瑜伽</b> (初) 13:40 小班 📍 with Anna C</p>		
			<p><b>美臀瘦腿瑜伽</b> (初) 15:00 小班 📍 with Sarah W</p>			<p><b>基礎地面瑜伽</b> (初) 14:50 📍 with Tsui Tsui T</p>		
			<p><b>筋膜放鬆瑜伽</b> (初) 16:10 🌱 with Sarah W</p>			<p><b>放鬆舒展瑜伽</b> (初) 15:55 🌱 with Tsui Tsui T</p>		
						<p><b>基礎空中瑜伽</b> (初) 17:45 📍 with Michelle C</p>		
						<p><b>溫和流瑜伽</b> (初) 17:55 小班 📍 with Ming L</p>		
<p><b>哈達瑜伽</b> (中) 18:15 📍 with Rachel N</p>			<p><b>香薰療癒瑜伽</b> (初) 18:25 🌱 with Lucille L</p>			<p><b>基礎空中瑜伽</b> (初) 18:30 小班 📍 with Anna C</p>		
<p><b>頌鉢聲療瑜伽</b> (初) 18:55 🌱 with Michelle C</p>			<p><b>開肩舒痛瑜伽</b> (初) 18:15 🌱 with Tin W</p>					
<p><b>基礎靚關伸展瑜伽</b> (初) 19:25 🌱 with Rachel N</p>			<p><b>基礎地面瑜伽</b> (初) 19:30 📍 with Lucille L</p>			<p><b>伸展輪瑜伽</b> (初) 19:40 🌱 with Carmen L</p>		
<p><b>基礎地面瑜伽</b> (初) 19:20 📍 with Tin W</p>			<p><b>放鬆舒展瑜伽</b> (初) 19:05 🌱 with Ming L</p>					
<p><b>基礎地面瑜伽</b> (初) 20:30 小班 📍 with Rachel N</p>			<p><b>低空拉伸瑜伽</b> (初) 20:35 🌱 with Lucille L</p>			<p><b>開肩舒痛瑜伽</b> (初) 20:45 小班 🌱 with Carmen L</p>		
<p><b>基礎靚關伸展瑜伽</b> (初) 20:05 小班 🌱 with Michelle C</p>			<p><b>地面普拉提</b> (初) 20:30 小班 📍 with Tin W</p>			<p><b>基礎空中瑜伽</b> (初) 20:15 小班 📍 with Anna C</p>		

# May Schedule

Tue 逢星期二

(初), (中), (高) 代表難度

【小班】最多6人一班

每節一小時

舞蹈韻律

伸展舒緩

核心鍛鍊



<b>基礎髖關節伸展瑜伽</b> (初) 10:20 🌱 with Ringo W															
<b>Lv.1 空中瑜伽</b> (中) 11:30 🌱 with Ringo W		<b>基礎地面瑜伽</b> (初) 11:40 🌱 with Maggie L						<b>哈達瑜伽</b> (中) 11:10 🌱 with Sunny W							
<b>基礎空中瑜伽</b> (初) 12:40 🌱 with Ringo W		<b>開肩舒痛瑜伽</b> (初) 12:50 🌱 with Maggie L		<b>核心床-核心強化</b> (初) 12:30 🌱 with Tze Lok C						<b>開肩舒痛瑜伽</b> (初) 12:40 🌱 with Tsui Tsui T					
				<b>核心床-體態矯正</b> (初) 13:40 🌱 with Tze Lok C				<b>基礎地面瑜伽</b> (初) 13:30 🌱 with Cora C		<b>伸展輪瑜伽</b> (初) 13:40 小班 🌱 with Joann S		<b>基礎地面瑜伽</b> (初) 13:50 🌱 with Tsui Tsui T			
<b>放鬆舒展瑜伽</b> (初) 16:50 🌱 with Maggie L								<b>放鬆舒展瑜伽</b> (初) 14:40 小班 🌱 with Cora C		<b>放鬆舒展瑜伽</b> (初) 14:50 🌱 with Joann S					
<b>基礎地面瑜伽</b> (初) 18:00 🌱 with Maggie L		<b>Lv.1 空中瑜伽</b> (中) 18:10 小班 🌱 with Gemini W		<b>伸展輪瑜伽</b> (初) 18:25 🌱 with Tammy C		<b>核心床-美臀普拉提</b> (初) 18:20 🌱 with Tin W		<b>基礎空中瑜伽</b> (初) 18:10 🌱 with Tze Lok C		<b>放鬆舒展瑜伽</b> (初) 18:20 🌱 with Yan L		<b>瘦身瑜伽</b> (中) 18:15 🌱 with Sunny W		<b>開肩舒痛瑜伽</b> (初) 18:30 🌱 with Kasey Y	
<b>開肩舒痛瑜伽</b> (初) 19:10 🌱 with Tina P		<b>基礎空中瑜伽</b> (初) 19:20 🌱 with Gemini W		<b>基礎地面瑜伽</b> (初) 19:30 🌱 with Tammy C		<b>核心床-入門伸展</b> (初) 19:30 🌱 with Tin W		<b>Lv.1 空中瑜伽</b> (中) 19:20 🌱 with Tze Lok C		<b>基礎地面瑜伽</b> (初) 19:30 🌱 with Yan L		<b>哈達瑜伽</b> (中) 19:25 🌱 with Sunny W		<b>基礎空中瑜伽</b> (初) 19:35 🌱 with Kasey Y	
<b>基礎髖關節伸展瑜伽</b> (初) 20:20 🌱 with Tina P		<b>基礎旋轉空中舞</b> (中) 20:30 小班 🌱 with Gemini W		<b>放鬆舒展瑜伽</b> (初) 20:40 小班 🌱 with Tammy C		<b>核心床-核心強化</b> (初) 20:40 🌱 with Tin W		<b>伸展輪瑜伽</b> (初) 20:30 🌱 with Tze Lok C		<b>香薰療癒瑜伽</b> (初) 20:40 小班 🌱 with Yan L		<b>髖關節伸展瑜伽</b> (中) 20:35 🌱 with Sunny W		<b>伸展輪瑜伽</b> (初) 20:45 🌱 with Kasey Y	



				<b>基礎地面瑜伽</b> (初) 07:00 小班 🌱 with Isabel A													
								<b>基礎髖關節伸展瑜伽</b> (初) 10:20 🌱 with Tsui Tsui T									
<b>開肩舒痛瑜伽</b> (初) 12:30 🌱 with Hilary T								<b>基礎地面瑜伽</b> (初) 11:25 小班 🌱 with Samantha H		<b>放鬆舒展瑜伽</b> (初) 12:30 🌱 with Samantha H				<b>基礎瑜伽 (椅子輔助)</b> (初) 12:40 🌱 with Janbi F			
<b>基礎地面瑜伽</b> (初) 13:40 小班 🌱 with Hilary T												<b>香薰療癒瑜伽</b> (初) 13:50 🌱 with Janbi F					
				<b>基礎空中瑜伽</b> (初) 15:30 🌱 with Ringo W													
<b>基礎地面瑜伽</b> (初) 16:00 🌱 with Tsui Tsui T				<b>Lv.1 空中瑜伽</b> (中) 16:40 小班 🌱 with Ringo W													
<b>伸展輪瑜伽</b> (初) 17:05 🌱 with Tsui Tsui T								<b>開肩舒痛瑜伽</b> (初) 17:15 🌱 with Caryn T				<b>伸展輪瑜伽</b> (初) 17:20 小班 🌱 with Hilary T					
<b>放鬆舒展瑜伽</b> (初) 18:15 🌱 with Cora C				<b>美臀瘦腿瑜伽</b> (初) 18:30 🌱 with Sarah W*				<b>基礎地面瑜伽</b> (初) 18:25 🌱 with Caryn T				<b>基礎地面瑜伽</b> (初) 18:20 🌱 with Carmen L				<b>基礎空中瑜伽</b> (初) 18:30 🌱 with Hilary T	
<b>基礎髖關節伸展瑜伽</b> (初) 19:20 🌱 with Cora C				<b>開肩舒痛瑜伽</b> (初) 19:40 🌱 with Sarah W*				<b>地面普拉提</b> (初) 19:35 🌱 with Isabel A				<b>基礎空中瑜伽</b> (初) 19:25 小班 🌱 with Elsie W		<b>伸展輪瑜伽</b> (初) 19:30 🌱 with Carmen L		<b>基礎地面瑜伽</b> (初) 19:40 🌱 with Jenny C	
<b>基礎地面瑜伽</b> (初) 20:30 🌱 with Cora C								<b>頰輪聲療瑜伽</b> (初) 20:40 小班 🌱 with Isabel A				<b>基礎旋轉空中舞</b> (中) 20:35 小班 🌱 with Elsie W		<b>放鬆舒展瑜伽</b> (初) 20:35 小班 🌱 with Carmen L		<b>美臀瘦腿瑜伽</b> (初) 20:45 小班 🌱 with Jenny C	

# May Schedule

Wed 逢星期三

(初), (中), (高) 代表難度

【小班】最多6人一班

每節一小時

舞蹈韻律

伸展舒緩

核心鍛鍊



		開肩舒痛瑜伽 (初) 11:30 🌱 with Cora C		開肩舒痛瑜伽 (初) 11:20 🌱 with Samantha H		基礎地面瑜伽 (初) 11:15 🌱 with Tze Lok C
		基礎髖關節伸展瑜伽 (初) 12:40 🌱 with Cora C		基礎地面瑜伽 (初) 12:30 🌱 with Samantha H	基礎空中吊環 (初) 12:45 小班 🌱 with Toby T	基礎空中瑜伽 (初) 12:25 小班 🌱 with Tze Lok C
基礎空中瑜伽 (初) 13:00 🌱 with Anna C		地面普拉提 (初) 13:50 🌱 with Cora C				放鬆舒展瑜伽 (初) 13:35 🌱 with Tze Lok C
放鬆舒展瑜伽 (初) 15:20 🌱 with Maggie L						
基礎髖關節伸展瑜伽 (初) 16:30 🌱 with Maggie L						
	頌鉢聲療瑜伽 (初) 17:10 🌱 with Man N		核心床-全身塑形 (初) 17:10 🌱 with Ringo W		基礎地面瑜伽 (初) 17:10 小班 🌱 with Sarah W	基礎空中瑜伽 (初) 17:40 小班 🌱 with Elsie W
髖關節伸展瑜伽 (中) 18:10 🌱 with Sunny W	基礎空中瑜伽 (初) 18:20 🌱 with Man N	放鬆舒展瑜伽 (初) 18:40 🌱 with Charlotte W	核心床-核心強化 (初) 18:20 🌱 with Ringo W	放鬆舒展瑜伽 (初) 18:10 🌱 with Carol I	瘦手臂瑜伽 (初) 18:20 🌱 with Sarah W	放鬆舒展瑜伽 (初) 18:10 🌱 with Lucille L
瘦身瑜伽 (中) 19:20 🌱 with Sunny W	伸展輪瑜伽 (初) 19:30 🌱 with Man N	基礎地面瑜伽 (初) 19:45 🌱 with Charlotte W	核心床-美臀普拉提 (初) 19:30 🌱 with Ringo W	基礎髖關節伸展瑜伽 (初) 19:20 🌱 with Carol I	基礎空中瑜伽 (初) 19:30 🌱 with Toby T	基礎地面瑜伽 (初) 19:20 🌱 with Lucille L
輪瑜伽 (中) 20:30 🌱 with Sunny W	Lv.1 空中瑜伽 (中) 20:40 🌱 with Man N	香薰療愈瑜伽 (初) 20:50 小班 🌱 with Charlotte W	核心床-體態矯正 (初) 20:40 🌱 with Ringo W		基礎旋轉空中舞 (中) 20:40 小班 🌱 with Toby T	香薰療愈瑜伽 (初) 20:30 🌱 with Lucille L
						Lv.1 空中瑜伽 (中) 20:00 🌱 with Elsie W



				開肩舒痛瑜伽 (初) 10:15 🌱 with Sunny W	
				基礎髖關節伸展瑜伽 (初) 11:25 🌱 with Sunny W	
基礎空中瑜伽 (初) 11:30 🌱 with Ringo W				伸展輪瑜伽 (初) 12:25 🌱 with Carol I	基礎地面瑜伽 (初) 12:35 🌱 with Sunny W
基礎地面瑜伽 (初) 12:40 🌱 with Ringo W				頌鉢聲療瑜伽 (初) 13:35 🌱 with Carol I	
基礎髖關節伸展瑜伽 (初) 13:50 🌱 with Ringo W			哈達瑜伽 (中) 14:40 🌱 with Sunny W		
			輪瑜伽 (中) 15:50 🌱 with Sunny W		
放鬆舒展瑜伽 (初) 17:10 🌱 with Samantha H				基礎地面瑜伽 (初) 17:40 🌱 with Michelle C	基礎旋轉空中舞 (中) 17:20 小班 🌱 with Gemini W
基礎地面瑜伽 (初) 18:15 🌱 with Samantha H	開肩舒痛瑜伽 (初) 18:20 🌱 with Rachel N	伸展輪瑜伽 (初) 18:30 🌱 with Kathy L		開肩舒痛瑜伽 (初) 18:50 🌱 with Michelle C	基礎地面瑜伽 (初) 18:25 🌱 with Tze Lok C
肌筋膜放鬆瑜伽 (初) 19:25 🌱 with Samantha H	基礎地面瑜伽 (初) 19:30 🌱 with Rachel N	開肩舒痛瑜伽 (初) 19:40 🌱 with Kathy L			基礎空中瑜伽 (初) 19:35 🌱 with Tze Lok C
基礎空中瑜伽 (初) 20:40 🌱 with Gemini W	基礎髖關節伸展瑜伽 (初) 20:35 小班 🌱 with Rachel N	放鬆舒展瑜伽 (初) 20:45 🌱 with Kathy L		頌鉢聲療瑜伽 (初) 20:00 小班 🌱 with Michelle C	Lv.1 空中瑜伽 (中) 20:45 小班 🌱 with Tze Lok C
					開肩舒痛瑜伽 (初) 20:45 🌱 with Joann S

# May Schedule

Thu 逢星期四

(初), (中), (高) 代表難度

【小班】最多6人一班

每節一小時

舞蹈韻律

伸展舒緩

核心鍛鍊



<b>伸展輪瑜伽</b> (初) 08:20 小班 with Tze Lok C								
<b>放鬆舒展瑜伽</b> (初) 09:30 with Tze Lok C	<b>開肩舒痛瑜伽</b> (初) 10:15 小班 with Mr Roy Y							
		<b>基礎髖關節伸展瑜伽</b> (初) 11:25 with Mr Roy Y	<b>基礎地面瑜伽</b> (初) 11:50 with Janbi F			<b>放鬆舒展瑜伽</b> (初) 11:30 with Tsui Tsui T		
		<b>溫和流瑜伽</b> (初) 12:35 with Mr Roy Y				<b>基礎髖關節伸展瑜伽</b> (初) 12:40 with Tsui Tsui T	<b>地面普拉提</b> (初) 12:30 with Cora C	
				<b>放鬆舒展瑜伽</b> (初) 13:00 with Janbi F	<b>核心床-核心強化</b> (初) 13:45 with Mr Roy Y			<b>開肩舒痛瑜伽</b> (初) 13:40 with Cora C
								<b>纖腰塑身瑜伽</b> (初) 14:55 with Tsui Tsui T
								<b>放鬆舒展瑜伽</b> (初) 15:55 with Tsui Tsui T
		<b>基礎地面瑜伽</b> (初) 17:10 小班 with Tin W			<b>核心床-體態矯正</b> (初) 17:05 with Emily P	<b>輪瑜伽</b> (中) 17:10 with Carol I	<b>Lv.1 空中瑜伽</b> (中) 17:15 小班 with Gemini W	<b>放鬆舒展瑜伽</b> (初) 17:40 with Ming L
<b>基礎髖關節伸展瑜伽</b> (初) 18:10 with Lucille L	<b>開肩舒痛瑜伽</b> (初) 18:20 with Tin W	<b>基礎地面瑜伽</b> (初) 18:25 with Man N	<b>核心床-美臀普拉提</b> (初) 18:15 with Emily P	<b>基礎髖關節伸展瑜伽</b> (初) 18:20 with Carol I	<b>基礎空中瑜伽</b> (初) 18:25 with Gemini W	<b>基礎地面瑜伽</b> (初) 18:15 with Caryn T	<b>伸展輪瑜伽</b> (初) 18:50 with Ming L	
<b>基礎地面瑜伽</b> (初) 19:15 with Lucille L	<b>地面普拉提</b> (初) 19:30 with Tin W	<b>Lv.1 空中瑜伽</b> (中) 19:35 with Man N	<b>核心床-全身塑形</b> (初) 19:25 with Emily P	<b>基礎地面瑜伽</b> (初) 19:30 with Carol I	<b>開肩舒痛瑜伽</b> (初) 19:35 with Cora C	<b>放鬆舒展瑜伽</b> (初) 19:25 with Caryn T		
<b>伸展輪瑜伽</b> (初) 20:25 with Lucille L	<b>香薰療癒瑜伽</b> (初) 20:40 小班 with Tin W	<b>Lv.2 空中瑜伽</b> (高) 20:40 with Man N	<b>核心床-核心強化</b> (初) 20:35 with Emily P	<b>肌筋膜放鬆瑜伽</b> (初) 20:40 with Carol I	<b>基礎髖關節伸展瑜伽</b> (初) 20:45 with Cora C	<b>基礎髖關節伸展瑜伽</b> (初) 20:35 小班 with Caryn T	<b>基礎地面瑜伽</b> (初) 20:00 with Ming L	



						<b>放鬆舒展瑜伽</b> (初) 07:05 小班 with Isabel A		
		<b>基礎地面瑜伽</b> (初) 10:20 with Sunny W						
		<b>基礎空中瑜伽</b> (初) 11:20 with Tina T	<b>開肩舒痛瑜伽</b> (初) 11:30 with Sunny W					
		<b>空中普拉提</b> 12:30 小班 with Tina T					<b>開肩舒痛瑜伽</b> (初) 12:30 with Tze Lok C	
						<b>香薰療癒瑜伽</b> (初) 13:40 with Tze Lok C		
		<b>基礎地面瑜伽</b> (初) 14:15 小班 with Samantha H					<b>基礎地面瑜伽</b> (初) 14:40 with Ringo W	
		<b>放鬆舒展瑜伽</b> (初) 15:20 with Samantha H					<b>Lv.1 空中瑜伽</b> (中) 15:45 小班 with Ringo W	
				<b>基礎髖關節伸展瑜伽</b> (初) 16:00 小班 with Tze Lok C			<b>基礎空中瑜伽</b> (初) 16:50 小班 with Ringo W	
<b>基礎空中瑜伽</b> (初) 17:00 with Natalie P	<b>香薰療癒瑜伽</b> (初) 17:50 小班 with Janbi F	<b>基礎地面瑜伽</b> (初) 17:10 with Tze Lok C	<b>觀關節伸展瑜伽</b> (中) 17:05 with Sunny W	<b>開肩舒痛瑜伽</b> (初) 17:15 小班 with Samantha H				
<b>哈達瑜伽</b> (中) 18:15 with Tsui Tsui T			<b>頌鉢聲療瑜伽</b> (初) 18:25 with Kathy L	<b>輪瑜伽</b> (中) 18:15 with Sunny W	<b>基礎地面瑜伽</b> (初) 18:25 with Samantha H	<b>Lv.1 空中瑜伽</b> (中) 18:25 with Kasey Y		
<b>基礎髖關節伸展瑜伽</b> (初) 19:20 with Tsui Tsui T	<b>纖腰塑身瑜伽</b> (初) 19:00 with Janbi F	<b>美臀瘦腿瑜伽</b> (初) 19:30 with Kathy L	<b>哈達瑜伽</b> (中) 19:25 with Sunny W	<b>纖腰塑身瑜伽</b> (初) 19:30 with Ada Y	<b>基礎空中瑜伽</b> (初) 19:35 with Kasey Y			
<b>伸展輪瑜伽</b> (初) 20:30 with Tsui Tsui T	<b>基礎空中瑜伽</b> (初) 20:10 小班 with Anna C	<b>香薰療癒瑜伽</b> (初) 20:40 小班 with Kathy L	<b>開肩舒痛瑜伽</b> (初) 20:35 with Sunny W	<b>基礎髖關節伸展瑜伽</b> (初) 20:40 with Ada Y	<b>香薰療癒瑜伽</b> (初) 20:40 小班 with Kasey Y			

# May Schedule

Fri 逢星期五

(初), (中), (高) 代表難度

【小班】最多6人一班

每節一小時

舞蹈韻律

伸展舒緩

核心鍛鍊



<b>伸展輪瑜伽</b> (初) 09:40 🌱 with Sunny W			<b>核心床-核心強化</b> (初) 09:50 🌱 with Tin W	<b>溫和流瑜伽</b> (初) 09:50 🌱 with Sarah W	<b>Lv.1 空中瑜伽</b> (中) 09:40 🌱 with Tina T	<b>放鬆舒展瑜伽</b> (初) 09:50 小班 🌱 with Isabel A
<b>基礎地面瑜伽</b> (初) 10:50 🌱 with Sunny W	<b>放鬆舒展瑜伽</b> (初) 10:40 🌱 with Joann S	<b>香薰療癒瑜伽</b> (初) 10:00 🌱 with Renee L			<b>輪瑜伽</b> (中) 10:00 🌱 with Natalie P	<b>輪瑜伽</b> (中) 10:50 🌱 with Tina T
			<b>溫和流瑜伽</b> (初) 11:50 🌱 with Joann S	<b>伸展輪瑜伽</b> (初) 11:10 🌱 with Renee L	<b>核心床-體態矯正</b> (初) 11:00 🌱 with Tin W	<b>基礎地面瑜伽</b> (初) 11:00 🌱 with Isabel A
<b>放鬆舒展瑜伽</b> (初) 12:00 🌱 with Sunny W			<b>基礎體關伸展瑜伽</b> (初) 12:20 🌱 with Renee L	<b>核心床-入門伸展</b> (初) 12:10 🌱 with Tin W	<b>基礎空中瑜伽</b> (初) 12:00 🌱 with Tina T	<b>伸展輪瑜伽</b> (初) 12:10 🌱 with Yan L
<b>基礎地面瑜伽</b> (初) 13:10 🌱 with Carol I	<b>筋膜放鬆瑜伽</b> (初) 13:00 小班 🌱 with Joann S	<b>Lv.1 空中瑜伽</b> (中) 13:40 🌱 with Man N	<b>核心床-美臀普拉提</b> (初) 13:20 🌱 with Isabel A	<b>基礎空中瑜伽</b> (初) 13:20 小班 🌱 with Anna C	<b>開肩舒痛瑜伽</b> (初) 13:30 🌱 with Janbi F	<b>纖腰塑身瑜伽</b> (初) 13:10 🌱 with Ada Y
<b>伸展輪瑜伽</b> (初) 14:20 🌱 with Carol I	<b>基礎空中瑜伽</b> (初) 14:10 🌱 with Mitin K	<b>哈達瑜伽</b> (中) 14:50 🌱 with Man N	<b>核心床-體態矯正</b> (初) 14:30 🌱 with Isabel A	<b>溫和流瑜伽</b> (初) 14:30 🌱 with Kasey Y	<b>伸展輪瑜伽</b> (初) 14:40 🌱 with Janbi F	<b>基礎體關伸展瑜伽</b> (初) 14:20 🌱 with Ada Y
<b>纖腰塑身瑜伽</b> (初) 15:30 🌱 with Yan L	<b>基礎空中吊環</b> (初) 15:20 🌱 with Mitin K			<b>核心床-核心強化</b> (初) 15:40 🌱 with Emily P	<b>基礎地面瑜伽</b> (初) 15:50 🌱 with Mr Roy Y	<b>地面普拉提</b> (初) 15:30 🌱 with Tin W
<b>開肩舒痛瑜伽</b> (初) 16:40 🌱 with Yan L	<b>基礎旋轉空中舞</b> (中) 16:30 小班 🌱 with Mitin K	<b>輪瑜伽</b> (中) 16:00 🌱 with Man N	<b>核心床-全身塑形</b> (初) 16:50 🌱 with Emily P	<b>基礎空中瑜伽</b> (初) 16:50 🌱 with Kasey Y		
			<b>頌鉢聲療瑜伽</b> (初) 17:10 🌱 with Man N			<b>基礎體關伸展瑜伽</b> (初) 17:00 🌱 with Mr Roy Y
					<b>哈達瑜伽</b> (中) 17:50 🌱 with Tsui Tsui T	<b>開肩舒痛瑜伽</b> (初) 19:00 🌱 with Tsui Tsui T



			<b>放鬆舒展瑜伽</b> (初) 09:50 🌱 with Carol I			<b>溫和流瑜伽</b> (初) 10:50 小班 🌱 with Tze Lok C
		<b>開肩舒痛瑜伽</b> (初) 10:35 小班 🌱 with Tammy C				<b>基礎體關伸展瑜伽</b> (初) 10:35 🌱 with Tina P
<b>基礎空中瑜伽</b> (初) 11:35 🌱 with Kasey Y	<b>溫和流瑜伽</b> (初) 11:45 🌱 with Tammy C	<b>基礎地面瑜伽</b> (初) 11:00 🌱 with Carol I	<b>基礎地面瑜伽</b> (初) 11:45 🌱 with Tina P	<b>纖腰塑身瑜伽</b> (初) 11:55 🌱 with Cora C		
<b>Lv.1 空中瑜伽</b> (中) 12:45 小班 🌱 with Kasey Y	<b>放鬆舒展瑜伽</b> (初) 12:50 🌱 with Tammy C	<b>伸展輪瑜伽</b> (初) 12:10 🌱 with Tsui Tsui T	<b>放鬆舒展瑜伽</b> (初) 12:55 🌱 with Tina P			<b>基礎空中瑜伽</b> (初) 12:00 🌱 with Tze Lok C
			<b>基礎地面瑜伽</b> (初) 13:20 🌱 with Tsui Tsui T	<b>基礎瑜伽(椅子輔助)</b> (初) 13:05 🌱 with Cora C	<b>Lv.1 空中瑜伽</b> (中) 13:10 🌱 with Tze Lok C	
<b>基礎空中瑜伽</b> (初) 14:00 小班 🌱 with Hilary T			<b>體關伸展瑜伽</b> (中) 14:30 🌱 with Sunny W	<b>基礎地面瑜伽</b> (初) 14:10 🌱 with Samantha H	<b>開肩舒痛瑜伽</b> (初) 14:15 🌱 with Cora C	
<b>基礎體關伸展瑜伽</b> (初) 15:10 🌱 with Hilary T			<b>輪瑜伽</b> (中) 15:40 🌱 with Sunny W	<b>筋膜放鬆瑜伽</b> (初) 15:20 🌱 with Samantha H	<b>基礎地面瑜伽</b> (初) 15:25 🌱 with Michelle C	
<b>基礎地面瑜伽</b> (初) 16:40 🌱 with Janbi F			<b>哈達瑜伽</b> (中) 16:50 🌱 with Sunny W			<b>基礎旋轉空中舞</b> (中) 15:40 小班 🌱 with Gemini W
<b>開肩舒痛瑜伽</b> (初) 17:50 小班 🌱 with Janbi F						<b>頌鉢聲療瑜伽</b> (初) 16:35 🌱 with Michelle C
						<b>基礎空中瑜伽</b> (初) 16:50 🌱 with Gemini W

# May Schedule

Sat 逢星期六

(初), (中), (高) 代表難度

【小班】最多6人一班

每節一小時

舞蹈韻律

伸展舒緩

核心鍛鍊



