

Yogis Yoga Class Schedule (May 2024)

新蒲崗大有街3號萬迪廣場26樓H室(鑽石山地鐵站A2出口行四分鐘)
8B&C, Maxgrand Plaza, 3 Tai Yau Street, San Po Kong, KLN
(Diamond Hill Station, Exit A2, Walking distance 4mins)

鑽石山

(26H課室)

*G = Ground (地面)(1小時扣1堂)

**G = Ground (地面)(1.5小時扣1.5堂)

*A = Aerial (空中)(1小時扣1堂)

**H = Hoop (1小時扣1.5堂)



瑜珈課堂whatsapp查詢專線
93345673
荃灣分校 97864213

Mon	Tue	Wed	Thu	FRI	Sat	Sun
	Iris ^{New} (09:00-10:30)(1.5hrs) **Yin with Crystal Bowl (G)	Iris ^{New} (09:00-10:30)(1.5hrs) **Yin with Crystal Bowl (G) (8 & 22/5)	Denise ^{New} (09:30-10:30) Wheel Yoga (G)	Iris (2,10,24 & 31/5) / ^{New} Kay (17/5) (09:30-10:30) Hatha 1 (G)	Elaine (4,11 & 25/5) / Iris (18/5) (10:20-11:20) Wheel Yoga (G)	Chi (12 & 19/5) (10:15-11:15) Aerial Yoga (A)
				Iris (2,10,24 & 31/5) / ^{New} Kay (17/5) (10:45-11:45) Relaxing Stretch (G)	Elaine (4,11 & 25/5) (11:35-12:35) Aerial Yoga (A)	Chi (12 & 19/5) (11:30-12:30) Pilates (G)
^{New} Zoey (12:30-13:30) Aerial Open Lv (A)					Cathy (13:45-14:45) **Hoop (H)	Kay (13:15-14:15) Wheel Yoga (G)
						Kay (14:30-15:30) Relaxing Stretch (G)
Chi (19:00-20:00) Pilates (G) (13 & 20/5)	Denise (7,21 & 28/5) / Zoey (14/5) (18:40-20:10)(1.5hrs) **Shoulder & Hip Stretching (G)		Denise (19:10-20:10) Backbend (G)			
Chi (20:10-21:10) Aerial Yoga (A) (13 & 20/5)	Cathy (20:20-21:20) **Hoop (H)		Denise (20:20-21:20) Wheel Therapy (G)			