

Yogis Yoga Class Schedule (Apr 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)

 瑜伽課堂whatsapp查詢專線
 93345673
 荃灣分校 97864213

*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)



Mon	Tue	Wed	Thu	FRI	Sat	Sun
					Elaine (10:20-11:20) Wheel Yoga (G)	Chi (10:15-11:15) Aerial Yoga (A)
					Elaine (11:35-12:35) Aerial Yoga (A)	Chi (11:30-12:30) Pilates (G)
					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)	Denise (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)	Cathy (20:20-21:20) **Hoop (H)		Denise (20:20-21:20) Wheel Therapy (G)			