

Yogis Yoga Class Schedule (Sep 15-30 2025)

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4分鐘)
26H, Maxgrand Plaza, 3 Tai Yau Street, San Po Kong, KLN
(Diamond Hill Station, Exit A2, Walking distance 4mins)

鑽石山總校
(26H課室)

瑜珈課堂whatsapp查詢專線
93345673 / 97864213

R2 = RYT 200
R3 = RYT 300
R5 = RYT 500
*G = Ground (地面)
(1小時扣1堂)
*A = Aerial (空中)(1小時扣1堂)



Mon	Tue	17/9 Wed	Thu	FRI	Sat	Sun
	Teresa - R2,3,5 (10:00-11:00) 排毒瑜珈 (G) Detox Yoga (G) New		Yan - R2 (10:00-11:00) 伸展瑜珈 (G) Yoga Stretching (G) New			
	Teresa - R2,3,5 (11:00-12:00) 筋膜放鬆班 (G) New		Yan - R2 (11:00-12:00) 椅子瑜珈 (G) Chair Yoga (G) New			
					Anita (16:30-17:30) 跆拳道兒童班 New	
					Carmen - R2,3,5 (17:30-18:30) 哈達瑜珈 (G) Hatha Yoga (G) New	
					Carmen - R2,3,5 (18:30-19:30) 伸展瑜珈 (G) Yoga Stretching (G) New	Yan (18:30-19:30) 空中瑜珈 (A) Aerial Yoga (A) New
						Yan - R2 (19:30-20:30) 瑜珈棒 (G) Yoga Stick (G) New
						**所有課堂以電腦系統資料為準