

Yogis Yoga Class Schedule (Sep 8-14 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)

瑜伽課堂whatsapp查詢專線
93345673 / 97864213

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



8/9 Mon	9/9 Tue	10/9 Wed	11/9 Thu	12/9 FRI	13/9 Sat	14/9 Sun
					Anita (16:30-17:30) 跆拳道兒童班	
					Carmen - R2,3,5 (17:30-18:30) 哈達瑜伽 (G) Hatha Yoga (G)	
					Carmen - R2,3,5 (18:30-19:30) 伸展瑜伽 (G) Yoga Stretching (G)	Yan (18:30-19:30) 空中瑜伽 (A) Aerial Yoga (A)
						Yan - R2 (19:30-20:30) 瑜伽棒 (G) Yoga Stick (G)
						**所有課堂以電腦系統資料為準