

Yogis Yoga Class Schedule (Sep 8-14 2025)

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

鑽石山總校

(8C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)
(1小時扣1堂)
*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
Michelle - R2,3,5 (10:00-11:00) 哈達瑜伽 (G) Hatha Yoga (G)	Teresa - R2,3,5 (10:00-11:00) 排毒瑜伽 (G) Detox Yoga (G)	Michelle - R2,3,5 (10:00-11:00) 空中瑜伽 (A) Aerial Yoga (A)	Yan - R2 (10:00-11:00) 伸展瑜伽 (G) Yoga Stretching (G)	Carmen (10:00-11:00) 空中瑜伽 (A) Aerial Yoga (A)	Yan - R2 (10:35-11:35) 一字馬 (G)	
Michelle - R2,3,5 (11:00-12:00) 伸展瑜伽 (G) Yoga Stretching (G)	Teresa - R2,3,5 (11:00-12:00) 筋膜放鬆班 (G) Therapy Stretching (G)	Michelle - R2,3,5 (11:00-12:00) 伸展治療瑜伽 (G) Therapy Stretching (G)	Yan - R2 (11:10-12:10) 椅子瑜伽 (G) Chair Yoga (G)	Carmen - R2,3,5 (11:10-12:10) 哈達瑜伽 (G) Hatha Yoga (G)	Yan - R2 (11:40-12:40) 伸展治療瑜伽 (G) Therapy Stretching (G)	Yvonne (11:00-12:00) 修身瑜伽 (初階) (G) Slim Yoga (Beginner) (G)
Michelle (12:00-13:00) 空中瑜伽 (A) Aerial Yoga (A)		Michelle - R2,3,5 (12:00-13:00) 開髖 (G) / Hip Opening (G)		Carmen - R2,3,5 (12:20-13:20) 瑜伽輪 (初階) (G) Wheel Yoga (Beginner) (G)		Yvonne (12:10-13:10) Shoulder & Hip Stretching (G)
	Eva - R2 (13:00-14:00) 全身伸展瑜伽 (初階) (G) / Full Body Yoga Stretching (Beginner) (G)			Carmen - R2,3,5 (13:30-14:30) 伸展治療瑜伽 (G) Therapy Stretching (G)		
	Eva - R2 (14:00-15:00) 哈達瑜伽 (初階) (G) Hatha Yoga Beginner (G)					
Eva - R2 (18:15-19:15) 夏日減肥班 (零基礎班)	Margaret - R2 (18:15-19:15) 伸展瑜伽 (G) Yoga Stretching (G)	Michelle - R2,3,5 (18:15-19:15) 伸展瑜伽 (G) Yoga Stretching (G)	Mark (18:15-19:15) Flexibility Stretching (Beginner) (C)	Carmen - R2,3,5 (18:15-19:15) 哈達瑜伽 (G) Hatha Yoga (G)		
Eva (19:15-20:15) 空中瑜伽 (零基礎班) (A) Aerial Yoga (Basic Class) (A)	Margaret - R2 (19:25-20:25) 修身瑜伽 (G) Slim Yoga (G)	Michelle (19:15-20:15) 空中瑜伽 (初階) (A) Aerial Yoga (Beginner) (A)	Teresa - R2,3,5 (19:15-20:15) 哈達瑜伽 (G) Hatha Yoga (G) All Level	Carmen (19:20-20:20) YinYang Yoga (Basic Class) (G)/ 陰陽瑜伽初級 (G)		
Eva - R2 (20:15-21:15) 一字馬 (零基礎班)	Margaret - R2 (20:35-21:35) 開肩牌 (G) Shoulder Stretching (G)	Mark (20:15-21:15) TRX 修身減肥班 (All Level) (G)	Teresa - R2,3,5 (20:15-21:15) 伸展治療瑜伽 (G) Therapy Stretching (G)All Level	Carmen - R2,3,5 (20:25-21:25) 伸展治療瑜伽 (G) Therapy Stretching (G)		**所有課堂以電腦系統資料為準