

Yogis Yoga Class Schedule (16-31 Oct 2024)

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

鑽石山總校
(恆常課室)(R)

瑜珈課堂whatsapp查詢專線
93345673
荃灣分校 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	Wed	Thu	FRI	Sat	Sun
Michelle (09:00-10:00) 空中瑜珈 (A) Aerial Yoga (A)	Woody - R2 (09:00-10:00) Yoga Flow (G)	Michelle (09:00-10:00) 空中瑜珈 (A) Aerial Yoga (A)				
Michelle - R2,3,5 (10:00-11:00) 哈達瑜珈 (G) Hatha Yoga (G)	Woody - R2 (10:10-11:10) 排毒瑜珈 (G) Detox Yoga (G)	Michelle - R2,3,5 (10:00-11:00) 瑜珈輪 (G) Wheel Yoga (G)	Yan - R2 (10:00-11:00) 伸展瑜珈 (G) Yoga Stretching (G)	Carmen (10:00-11:00) 空中瑜珈 (A) Aerial Yoga (A)	Yan - R2 (10:35-11:35) 一字馬 (G)	
Michelle - R2,3,5 (11:10-12:10) 伸展瑜珈 (G) Yoga Stretching (G)	Woody - R2 (11:15-12:15) 瑜珈普拉提 (G) Yoga Pilates (G)	Michelle - R2,3,5 (11:15-12:15) 伸展治療瑜珈 (G) Therapy Stretching (G)	Yan - R2 (11:10-12:10) 椅子瑜珈 (G) Chair Yoga (G)	Carmen - R2,3,5 (11:10-12:10) 哈達瑜珈 (G) Hatha Yoga (G)	Yan - R2 (11:40-12:40) 伸展治療瑜珈 (G) Therapy Stretching (G)	Yvonne (11:00-12:00) 修身瑜珈 (初階) (G) Slim Yoga (Beginner) (G)
Michelle - R2,3,5 (12:20-13:20) 陰瑜珈 (G) Yin Yoga (G)	Woody - R2 (12:30-13:30) 開髖 (G) Hip Opening (G)	Michelle - R2,3,5 (12:15-13:15) 開髖 (G) Hip Opening (G)		Carmen - R2,3,5 (12:20-13:20) 瑜珈輪 (初階) (G) Wheel Yoga (Beginner) (G)		Yvonne (12:10-13:10) Shoulder & Hip Stretching (G)
(13:30-17:30) RYT200 Teacher Training 200小時國際瑜珈導師 理論培訓課程 (平日班)	(13:30-17:30) RYT200 Teacher Training 200小時國際瑜珈導師 理論培訓課程 (平日班)	Yan - R2 (13:30-14:30) 椅子瑜珈 (G) Chair Yoga (G)	(13:30-17:30) RYT200 Teacher Training 200小時國際瑜珈導師 理論培訓課程 (平日班)	Carmen - R2,3,5 (13:30-14:30) 伸展治療瑜珈 (G) Therapy Stretching (G)	New Mark (13:30-14:30) 夏日爆汗消脂班 (初階) (G)	Yan - R2 (13:20-14:20) 哈達瑜珈 (G) Hatha Yoga (G)
		Yan - R2 (14:40-15:40) 伸展治療瑜珈 (G) Therapy Stretching (G)			New Mark (14:40-15:40) 修身減肥班 (初階) (G) TRX (Beginner) (G)	Yan - R2 (14:30-15:30) 瑜珈棒 (G) Yoga Stick (G)
	Margaret - R2 (18:15-19:15) 伸展瑜珈 (G) Yoga Stretching (G)	Michelle - R2,3,5 (18:15-19:15) 伸展瑜珈 (G) Yoga Stretching (G)		Carmen - R2,3,5 (18:15-19:15) 哈達瑜珈 (G) Hatha Yoga (G)	New Anita (16:00-17:00) 跆拳道兒童班	Yan (15:40-16:40) 空中瑜珈 (A) Aerial Yoga (A)
Yan - R2 (19:00-20:00) 瑜珈輪 (G) Wheel Yoga (G)	Margaret - R2 (19:25-20:25) 修身瑜珈 (G) Slim Yoga (G)	Michelle (19:25-20:25) 空中瑜珈 (初階) (A) Aerial Yoga (Beginner) (A)	Margaret (19:00-20:00) 空中瑜珈 (A) Aerial Yoga (A)	Carmen (19:20-20:20) YinYang Yoga (Basic Class) (G)/ 陰陽瑜珈初級 (G)	Carmen - R2,3,5 (17:15-18:15) 哈達瑜珈 (G) Hatha Yoga (G)	(18:30-23:30) Private Training
Yan - R2 New (20:00-21:00) 一字馬 (7/10 & 21/10) (G) / 大字馬 (14/10 & 28/10) (G)	Margaret - R2 (20:35-21:35) 開肩膊 (G) Shoulder Stretching (G)	(20:30-22:00) Private Training	Margaret - R2 (20:15-21:15) 瑜珈輪 (G) Wheel Yoga (G)	Carmen - R2,3,5 (20:25-21:25) 伸展治療瑜珈 (G) Therapy Stretching (G)	Carmen - R2,3,5 (18:20-19:20) 伸展瑜珈 (G) Yoga Stretching (G)	