

# Yogis Yoga Class Schedule (Apr 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)

鑽石山總校

(恆常課室)(R)

瑜珈課堂 whatsapp 查詢專線  
93345673  
荃灣分校 97864213

R2 = RYI 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)  
\*\*G = Ground (地面)(2小時扣2堂)



Mon	Tue	Wed	Thu	FRI	Sat	Sun
Michelle <sup>New</sup> (09:00-10:00) 空中瑜珈 (A) Aerial Yoga (A)	Woody - R2 (09:00-10:00) Yoga Flow (G)	Michelle - R2,3,5 (09:00-10:00) 瑜珈輪 (G) Wheel Yoga (G)				
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 (10:00-11:00) 空中瑜珈 (A) Aerial Yoga (A)	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 <sup>New</sup> (10:35-11:35) 椅子瑜珈 (G) Chair Yoga (G)	
Michelle - R2,3,5 (11:10-12:10) 開肩膊 (G) Shoulder 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 <sup>New</sup> (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)	Eva (12:45-13:45) 空中瑜珈 (初階) (A) Aerial Yoga (Beginner) (A)	Yvonne (12:10-13:10) Shoulder & Hip Stretching (G)
	(15:30-17:30) Private Training	Yan - R2 (13:30-14:30) 椅子瑜珈 (G) Chair Yoga (G)		Carmen - R2,3,5 (13:30-14:30) 伸展治療瑜珈 (G) Therapy Stretching (G)	Eva (13:50-14:50) 舒壓伸展瑜珈 (G) Relaxing Stretching (G)	Yan - R2 (13:00-14:20) 哈達瑜珈 (G) Hatha Yoga (G)
Snow (16:40-17:40) 瑜珈輪 (初階) (G) Wheel Yoga (Beginner) (G)		Yan - R2 (14:40-15:40) 伸展治療瑜珈 (G) Therapy Stretching (G)	(16:00-18:00) Private Training		Yan - R2 (15:00-16:00) 瑜珈普拉提 (初階) (G) Yoga Pilates (Beginner) (G)	Yan - R2 (14:30-15:30) 瑜珈棒 (G) Yoga Stick (G)
Snow (17:50-18:50) 伸展治療瑜珈 (G) Therapy Stretching (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)	Yan - R2 (16:05-17:05) 瑜珈輪 (G) Wheel Yoga (G)	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 (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) 吊床連串 (A) Hammock Flow (A)	Carmen - R2,3,5 (17:15-18:15) 哈達瑜珈 (G) Hatha Yoga (G)	(17:30-19:30) Private Training
Yan - R2 (20:00-21:00) 大字馬 (1/4 & 15/4 & 29/4) (G) / 一字馬 (8/4 & 22/4) (G)	Margaret - R2 (20:35-21:35) 開肩膊 (G) Shoulder Stretching (G)	Fianna (20:30-21:30) Mindful Stretching (G)	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)	