

Yogis Yoga Class Schedule (Jul 2025)

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 / 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 - R2,3,5 (10:00-11:00) 哈達瑜珈 (G) Hatha Yoga (G)	(09:00-18:00) RYT200 Teacher Training 200小時國際瑜珈導師 培訓課程(平日班)	Michelle - R2,3,5 (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)	New (09:15-12:00) 促進銀髮統籌機構發展項目 長者瑜珈	
Michelle - R2,3,5 (11:00-12:00) 伸展瑜珈 (G) Yoga Stretching (G)		Michelle - R2,3,5 (11:00-12:00) 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)		Yvonne (11:00-12:00) 修身瑜珈 (初階) (G) Slim Yoga (Beginner) (G)
Michelle New (12:00-13:00) 空中瑜珈 (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) 瑜珈輪 (初階) (G) Wheel Yoga (Beginner) (G)		Yvonne (12:10-13:10) Shoulder & Hip Stretching (G)
(14:30-17:00) 促進銀髮統籌機構發展項目 長者瑜珈				Carmen - R2,3,5 (13:30-14:30) 伸展治療瑜珈 (G) Therapy Stretching (G)	New (12:00-17:00) RYT200 Teacher Training 200小時國際瑜珈導師培訓課程 (六日班)	New (13:30-19:30) RYT200 Teacher Training 200小時國際瑜珈導師 理論培訓課程 (平日班)
			Teresa - R2,3,5 (17:15-18:15) 親子瑜珈班			
	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)	Carmen - R2,3,5 (17:15-18:15) 哈達瑜珈 (G) Hatha Yoga (G)	
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)	Teresa - R2,3,5 (19:00-20:00) 哈達瑜珈 (G) Hatha Yoga (G) All Level	Carmen (19:20-20:20) YinYang Yoga (Basic Class) (G)/ 陰陽瑜珈初級 (G)	Carmen - R2,3,5 (18:20-19:20) 伸展瑜珈 (G) Yoga Stretching (G)	
Yan - R2 (20:00-21:00) 放鬆舒展瑜珈 (G)	Margaret - R2 (20:35-21:35) 開肩膊 (G) Shoulder Stretching (G)	Mark New (20:30-21:30) TRX 修身減肥班 (All Level) (G)	Teresa - R2,3,5 (20:10-21:10) 伸展治療瑜珈 (G) Therapy Stretching (G)All Level	Carmen - R2,3,5 (20:25-21:25) 伸展治療瑜珈 (G) Therapy Stretching (G)		**所有課堂以電腦系統資料為準