

# Yogis Yoga Class Schedule (Sep 1-7 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

(恆常課室)(R)

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)



| 1/9 Mon                                                               | 2/9 Tue                                                                                       | 3/9 Wed                                                           | 4/9 Thu                                                                              | 5/9 FRI                                                                       | 6/9 Sat                                                                         | 7/9 Sun                      |
|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------------|
|                                                                       |                                                                                               |                                                                   |                                                                                      |                                                                               |                                                                                 |                              |
| Michelle - R2,3,5<br>(10:00-11:00)<br>哈達瑜伽 (G)<br>Hatha Yoga (G)      | Teresa - R2,3,5<br>(10:00-11:00)<br>排毒瑜伽 (G)<br>Detox Yoga (G)                                | Michelle老師 3/9 請假<br>(原本課堂取消了)                                    | Yan - R2<br>(10:00-11:00)<br>伸展瑜伽 (G)<br>Yoga Stretching (G)                         | Carmen<br>(10:00-11:00)<br>空中瑜伽 (A)<br>Aerial Yoga (A)                        | Yan - R2<br>(10:35-11:35)<br>一字馬 (G)                                            |                              |
| Michelle - R2,3,5<br>(11:00-12:00)<br>伸展瑜伽 (G)<br>Yoga Stretching (G) | Teresa - R2,3,5<br>(11:00-12:00)<br>筋膜放鬆班 (G)                                                 |                                                                   | Yan - R2<br>(11:10-12:10)<br>椅子瑜伽 (G)<br>Chair Yoga (G)                              | Carmen - R2,3,5<br>(11:10-12:10)<br>哈達瑜伽 (G)<br>Hatha Yoga (G)                | Yan - R2<br>(11:40-12:40)<br>伸展治療瑜伽 (G)<br>Therapy Stretching (G)               | Yvonne老師 7/9 請假<br>(原本課堂取消了) |
| Michelle<br>(12:00-13:00)<br>空中瑜伽 (A)<br>Aerial Yoga (A)              |                                                                                               |                                                                   |                                                                                      | Carmen - R2,3,5<br>(12:20-13:20)<br>瑜伽輪 (初階) (G)<br>Wheel Yoga (Beginner) (G) | New<br><br>(12:00-17:00)<br>RYT200 Teacher Training<br>200小時國際瑜伽導師培訓課程<br>(六日班) |                              |
|                                                                       | Eva - R2<br>(13:00-14:00)<br>全身伸展瑜伽 (初階) (G) /<br>Full Body Yoga Stretching<br>(Beginner) (G) |                                                                   | Carmen - R2,3,5<br>(13:30-14:30)<br>伸展治療瑜伽 (G)<br>Therapy Stretching (G)             | Yan - R2<br>(13:20-14:20)<br>瑜伽輪 (G)<br>Wheel Yoga (G)                        |                                                                                 |                              |
|                                                                       | Eva - R2<br>(14:00-15:00)<br>哈達瑜伽 (初階) (G)<br>Hatha Yoga Beginner (G)                         |                                                                   |                                                                                      | Yan - R2<br>(14:30-15:30)<br>瑜伽棒 (G)<br>Yoga Stick (G)                        |                                                                                 |                              |
|                                                                       |                                                                                               |                                                                   |                                                                                      | Yan<br>(15:40-16:40)<br>空中瑜伽 (A)<br>Aerial Yoga (A)                           |                                                                                 |                              |
|                                                                       | Margaret - R2<br>(18:15-19:15)<br>伸展瑜伽 (G)<br>Yoga Stretching (G)                             | Michelle老師 3/9 請假<br>(原本課堂取消了)                                    | Mark<br>(18:15-19:15)<br>Flexibility Stretching<br>(Beginner) (C)                    | Carmen - R2,3,5<br>(18:15-19:15)<br>哈達瑜伽 (G)<br>Hatha Yoga (G)                | Carmen老師 6/9 請假<br>(原本課堂取消了)                                                    |                              |
| Yan - R2<br>(19:00-20:00)<br>瑜伽輪 (G)<br>Wheel Yoga (G)                | Margaret - R2<br>(19:25-20:25)<br>修身瑜伽 (G)<br>Slim Yoga (G)                                   | Mark<br>(19:00-20:00)<br>TRX 修身減肥班 (All Level) (G)                | Teresa - R2,3,5<br>(19:15-20:15)<br>哈達瑜伽 (G)<br>Hatha Yoga (G) All Level             | Carmen<br>(19:20-20:20)<br>YinYang Yoga (Basic Class)<br>(G)/ 陰陽瑜伽初級 (G)      |                                                                                 |                              |
| Yan - R2<br>(20:00-21:00)<br>放鬆舒展瑜伽 (G)                               | Margaret - R2<br>(20:35-21:35)<br>開肩膊 (G)<br>Shoulder Stretching (G)                          | Mark<br>(20:15-21:15)<br>Flexibility Stretching<br>(Beginner) (C) | Teresa - R2,3,5<br>(20:15-21:15)<br>伸展治療瑜伽 (G)<br>Therapy Stretching (G)All<br>Level | Carmen - R2,3,5<br>(20:25-21:25)<br>伸展治療瑜伽 (G)<br>Therapy Stretching (G)      |                                                                                 | **所有課堂以電腦系統資料為準              |