

# Yogis Yoga Class Schedule (1-15 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  
(特式課室)(S)

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	
					(09:00-12:00) 15hrs Backbend Teacher Training <span style="float: right; color: white; font-size: small;">New</span>	Eva (9:30-10:30) 親子空中瑜珈班 (A)	
	New (10:00-18:00) RYT200 Teacher Training 200小時國際瑜珈導師 技術教學培訓課程	Teresa - R2,3,5 <span style="float: right; color: white; font-size: small;">New</span> (10:00-11:00) 伸展瑜珈 (G) Yoga Stretching (G) All Level	Eva - R2 (10:00-11:00) 瑜珈輪 (零基礎班) (G) Wheel Yoga (Basic Class) (G)	Teresa - R2,3,5 <span style="float: right; color: white; font-size: small;">New</span> (10:00-11:00) 哈達瑜珈 (G) Hatha Yoga (G) All Level	(12:00-13:00) Private Training	Eva - R2 (11:00-12:00) 伸展治療瑜珈 (G) Therapy Stretching (G)	
		Teresa - R2,3,5 <span style="float: right; color: white; font-size: small;">New</span> (11:10-12:10) 椅子瑜珈 (G) Chair Yoga (G) All Level	Eva (11:10-12:10) 空中瑜珈 (零基礎班) (A) Aerial Yoga (Basic Class) (A)	Teresa - R2,3,5 <span style="float: right; color: white; font-size: small;">New</span> (11:10-12:10) 瑜珈輪 (初階) (G) Wheel Yoga (Beginner) (G) All Level	Mark (13:30-14:30) 夏日爆汗消脂班 (初階) (G)	Eva (12:10-13:10) 空中瑜珈 (零基礎班) (A) Aerial Yoga (Basic Class) (A)	
(16:00-17:30) 1 VS 1 瑜珈被動式伸展治療 (私人班)				Eva - R2 (12:20-13:20) Aroma Yoga - Stress Relief (G) 香薰減壓瑜珈 (G)	(16:00-17:30) 1 VS 1 瑜珈被動式伸展 (私人班)	Mark (14:40-15:40) 修身減肥班 (初階) (G) TRX (Beginner) (G)	Yan - R2 <span style="float: right; color: white; font-size: small;">New</span> (13:20-14:20) 哈達瑜珈 (G) Hatha Yoga (G)
						Anita (15:50-16:50) 跆拳道兒童班 (A班)	Yan - R2 <span style="float: right; color: white; font-size: small;">New</span> (14:30-15:30) 瑜珈棒 (G) Yoga Stick (G)
			(19:00-21:30) YACEP 1 VS 1 瑜珈被動式伸展 證書課程(10小時) (平日班)			Anita (17:00-18:00) 跆拳道兒童班 (B班)	Yan <span style="float: right; color: white; font-size: small;">New</span> (15:40-16:40) 空中瑜珈 (A) Aerial Yoga (A)
Eva (19:00-20:00) 空中瑜珈 (零基礎班) (A) Aerial Yoga (Basic Class) (A)		Mark (19:00-20:00) 夏日爆汗消脂班 (All Level) (G)		Eva - R2 (19:00-20:00) Shoulder & Hip Stretching (G)	Yvonne (19:15-20:15) 修身瑜珈 (初階) (G) Slim Yoga (Beginner) (G)	(18:00-20:30) YACEP 1 VS 1 瑜珈被動式伸展 證書課程(10小時) (週末班)	
Eva - R2 (20:10-21:10) 排毒瑜珈 (初階) (G) Detox Yoga (Beginner) (G)		Mark (20:10-21:10) TRX 修身減肥班 (All Level) (G)	Pandora (20:20-21:20) 肩背髖伸展 (G) Shoulder, Back & Hip stretch (G)	Pandora (20:15-21:15) Fitness yoga (G)	Yvonne (20:25-21:25) 空中瑜珈 (初階) (A) Aerial Yoga (Beginner) (A)		