

# 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  
(特式課室)(S)

瑜伽課堂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) <sup>New</sup><br>15hrs Backbend Teacher Training                          | Eva<br>(9:30-10:30)<br>親子空中瑜伽班 (A)  |
|  |   | Teresa - R2,3,5 <sup>New</sup><br>(10:00-11:00)<br>伸展瑜伽 (G)<br>Yoga Stretching (G) All Level | Eva - R2<br>(10:00-11:00)<br>瑜伽輪 (零基礎班) (A)<br>Wheel Yoga (Basic Class) (A) |  | (12:00-13:00) <sup>New</sup><br>Private Training   | (10:30-11:00) <sup>New</sup><br>RYT200 Teacher Training<br>200小時國際瑜伽導師培訓課程<br>(六日班) |
|  |   | Teresa - R2,3,5 <sup>New</sup><br>(11:10-12:10)<br>椅子瑜伽 (G)<br>Chair Yoga (G) All Level      | Eva<br>(11:10-12:10)<br>空中瑜伽 (零基礎班) (A)<br>Aerial Yoga (Basic Class) (A)    |  | (13:00-14:00) <sup>New</sup><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>(11:00-12:00)<br>伸展治療瑜伽 (G)<br>Therapy Stretching (G)                   |
| (16:00-17:30)<br>1 VS 1 瑜伽被動式伸展治療<br>(私人班)                               | (16:00-17:30)<br>1 VS 1 瑜伽被動式伸展治療<br>(私人班)            |  | Eva - R2<br>(12:20-13:20)<br>Aroma Yoga - Stress Relief (G)<br>香薰減壓瑜伽 (G)   | (16:00-17:30)<br>1 VS 1 瑜伽被動式伸展<br>(私人班)                               | Eva - R2 <sup>New</sup><br>(14:00-15:00)<br>基礎瑜伽 (初階) (G)<br>Yoga Basic (G)              | Eva<br>(12:10-13:10)<br>空中瑜伽 (零基礎班) (A)<br>Aerial Yoga (Basic Class) (A)            |
|  |   |  |   |  | Eva - R2 <sup>New</sup><br>(15:00-16:00)<br>Aroma Yoga - Stress Relief (G)<br>香薰減壓瑜伽 (G) | (13:10-18:30) <sup>New</sup><br>RYT200 Teacher Training<br>200小時國際瑜伽導師培訓課程<br>(六日班) |
|  |   |  |   |  | (16:00-18:00) <sup>New</sup><br>RYT200 Teacher Training<br>200小時國際瑜伽導師培訓課程<br>(六日班)      |   |
| Eva<br>(19:00-20:00)<br>空中瑜伽 (零基礎班) (A)<br>Aerial Yoga (Basic Class) (A) | Mark<br>(19:00-20:00)<br>夏日爆汗消脂班 (All Level)<br>(G)   |  | Eva - R2<br>(19:00-20:00)<br>Shoulder & Hip Stretching<br>(G)               | Yvonne<br>(19:15-20:15)<br>修身瑜伽 (初階) (G)<br>Slim Yoga (Beginner) (G)   |  |   |
| Eva - R2<br>(20:10-21:10)<br>排毒瑜伽 (初階) (G)<br>Detox Yoga (Beginner) (G)  | Mark<br>(20:10-21:10)<br>TRX 修身減肥班 (All Level)<br>(G) | Pandora<br>(20:20-21:20)<br>肩背髖伸展 (G)<br>Shoulder, Back & Hip stretch<br>(G)                 | Pandora<br>(20:15-21:15)<br>Fitness yoga (G)                                | Yvonne<br>(20:25-21:25)<br>空中瑜伽 (初階) (A)<br>Aerial Yoga (Beginner) (A) |  |   |