

# Yogis Yoga Class Schedule (May 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

(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)  
\*\*G = Ground (地面)(2小時扣2堂)  
Zumba Dance (每次扣1堂)



Mon	Tue	Wed	Thu	FRI	Sat	Sun
			Fiona (10:00-11:00) 哈達瑜珈 (零基礎班) (G) Hatha Yoga (Basic Class) (G)		Fanny (11:05-12:05) 瑜珈輪 (G) Wheel Yoga (G)	Eva (9:30-10:30) 親子空中瑜珈課程 (A)
			Fiona (11:15-12:15) 伸展瑜珈 (零基礎班) (G)		(12:15-13:15) Private Training <span style="color:red">New</span>	Eva (11:00-12:00) 伸展治療瑜珈 (G) Therapy Stretching (G)
					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)
					Mark (14:40-15:40) 修身減肥班 (初階) (G) TRX (Beginner) (G)	
		Teresa - R2,3,5 <span style="color:red">New</span> (18:15-19:15) 哈達瑜珈 (G) Hatha Yoga (G) All Level			Anita (15:50-16:50) 跆拳道兒童班 (A班)	
Snow (19:00-20:00) 空中瑜珈 (A) Aerial Yoga (A)	Mark <span style="color:red">New</span> (19:00-20:00) 夏日爆汗消脂班 (All Level) (G)	Teresa - R2,3,5 (19:15-20:15) 伸展治療瑜珈 (G) Therapy Stretching (G) All Level	Ruth (19:00-20:00) Zumba Dance	Yvonne (19:15-20:15) 修身瑜珈 (初階) (G) Slim Yoga (Beginner) (G)	Anita (17:00-18:00) 跆拳道兒童班 (B班)	
Snow (20:10-21:10) 後彎 (初階) (G) Backbend (Beginner) (G)	Mark <span style="color:red">New</span> (20:10-21:10) TRX 修身減肥班 (All Level) (G)	Pandora (20:20-21:20) Hatha Yoga (Beginner) (G)	Pandora (20:15-21:15) Gentle Stretching (Beginner) (G)	Yvonne (20:25-21:25) 空中瑜珈 (初階) (A) Aerial Yoga (Beginner) (A)	Fianna (18:15-19:15) 哈達瑜珈 (初階) (G) Hatha Yoga (Beginner) (G)	