

# Yogis Yoga Class Schedule (Nov 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> 15hrs Backbend Teacher Training	Eva (9:30-10:30) 親子空中瑜伽班 (A)
		Teresa - R2,3,5 (10:00-11:00) 伸展瑜伽 (G) Yoga Stretching (G) All Level			(12:00-13:00) <sup>New</sup> Private Training	(10:30-11:00) <sup>New</sup> RYT200 Teacher Training 200小時國際瑜伽導師培訓課程 (六日班)
		Teresa - R2,3,5 (11:10-12:10) 椅子瑜伽 (G) Chair Yoga (G) All Level			(13:00-14:00) <sup>New</sup> RYT200 Teacher Training 200小時國際瑜伽導師培訓課程 (六日班)	Eva - R2 (11:00-12:00) 伸展治療瑜伽 (G) Therapy Stretching (G)
(16:00-17:30) 1 VS 1 瑜伽被動式伸展治療 (私人班)	(16:00-17:30) 1 VS 1 瑜伽被動式伸展治療 (私人班)	Mark <sup>New</sup> (14:30-15:30) 促進銀髮統籌機構發展項目 長者-保健瑜伽	(16:00-17:30) 1 VS 1 瑜伽被動式伸展 (私人班)	(16:00-17:30) 1 VS 1 瑜伽被動式伸展 (私人班)	Eva - R2 <sup>New</sup> (14:00-15:00) 哈達瑜伽 (初階) (G) Hatha Yoga (G)	Eva <sup>New</sup> (12:10-13:10) 全身伸展瑜伽 (初階) (G) Full Body Yoga Stretching (Beginner) (G)
		Mark <sup>New</sup> (15:45-16:45) Flexibility Stretching (Beginner) (C)			Eva - R2 <sup>New</sup> (15:00-16:00) Aroma Yoga - Stress Relief (G) 香薰減壓瑜伽 (G)	(13:10-18:30) <sup>New</sup> RYT200 Teacher Training 200小時國際瑜伽導師培訓課程 (六日班)
		Teresa - R2,3,5 (18:15-19:15) 哈達瑜伽 (G) Hatha Yoga (G) All Level			(16:00-18:00) <sup>New</sup> RYT200 Teacher Training 200小時國際瑜伽導師培訓課程 (六日班)	
Eva (19:00-20:00) 空中瑜伽 (零基礎班) (A) Aerial Yoga (Basic Class) (A)	Mark (19:00-20:00) Flexibility Stretching (Beginner) (C)	Teresa - R2,3,5 (19:15-20:15) 伸展治療瑜伽 (G) Therapy Stretching (G) All Level	Eva - R2 <sup>New</sup> (19:00-20:00) 伸展瑜伽 (初階) (G) Yoga Stretching (Beginner)(G)	Yvonne (19:15-20:15) 修身瑜伽 (初階) (G) Slim Yoga (Beginner) (G)		
Eva - R2 (20:10-21:10) 排毒瑜伽 (初階) (G) Detox Yoga (Beginner) (G)	Mark (20:10-21:10) TRX 修身減肥班 (All Level) (G)	Pandora <sup>New</sup> (20:20-21:20) Fitness yoga (G)	Eva - R2 <sup>New</sup> (20:10-21:10) Shoulder & Hip Stretching (G)	Yvonne (20:25-21:25) 空中瑜伽 (初階) (A) Aerial Yoga (Beginner) (A)		