

Yogis Yoga Class Schedule (1-7 Sep 2025)

新蒲崗大有街3號萬迪廣場8樓B室(鑽石山地鐵站A2出口行4分鐘)
8B, 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 / 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
					Yan - R2 (10:35-11:35) 一字馬 (G)	(10:30-18:30) RYT200 Teacher Training 200小時國際瑜伽導師培訓課程 (六日班)
		(12:00-18:00) RYT200 Teacher Training 200小時國際瑜伽導師 理論培訓課程 (平日班)		(12:00-18:00) RYT200 Teacher Training 200小時國際瑜伽導師 理論培訓課程 (平日班)	Yan - R2 (11:40-12:40) 伸展治療瑜伽 (G) Therapy Stretching (G)	
					Mark (13:45-14:45) Flexibility Stretching (Beginner) (A)	
					Mark (14:50-15:50) 修身減肥班 (初階) (G) TRX (Beginner) (G)	
					Anita (16:10-17:10) 跆拳道兒童班	
Eva - R2 (18:15-19:15) 夏日減肥班 (零基礎班)					Anita (17:10-18:10) 跆拳道兒童班	
Eva (19:15-20:15) 空中瑜伽 (零基礎班) (A) Aerial Yoga (Basic Class) (A)	Mark (19:00-20:00) Flexibility Stretching (Beginner) (C)	Eva - R2 (19:00-20:00) 瑜伽輪伸展 (零基礎班) Wheel Stretching (Basic Class)		Yvonne老師 5/9 請假 (原本課堂取消了)		
Eva - R2 (20:15-21:15) 一字馬 (零基礎班)	Mark (20:10-21:10) TRX 修身減肥班 (All Level) (G)	Eva - R2 (20:10-21:10) 香薰排毒瑜伽 (零基礎班) Aroma Detox Yoga (Basic Class)				**所有課堂以電腦系統資料為準