

# Yogis Yoga Class Schedule (Nov 2024)

荔枝角永康街55號金百盛中心26樓2607室 (荔枝角港鐵站B1出口行3分鐘)  
 Room 2607, 26/F, Kimberland Center, 55 Wing Hong Street, Cheung Sha Wan, NT.  
 (Lai Chi Kok Station, Exit B1, Walking distance 3mins)

其他地區  
 (荔枝角課室)

 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)



| Mon | Tue | Wed | Thu | FRI                                     | Sat | Sun |
|-----|-----|-----|-----|---|-----|-----|
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|     |     |     |     |   |     |     |
|     |     |     |     | Carmen L<br>(18:30-19:30)<br>纖體減壓瑜珈 (G) |     |     |
|     |     |     |     |   |     |     |