

Yogis Yoga Class Schedule (Sept 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)



Mon	Tue	Wed	Thu	FRI	Sat	Sun
	Eva - R2 New (18:30-19:30) 伸展瑜伽 (G) Yoga Stretching (G)					
	Eva - R2 New (19:30-20:30) 伸展治療瑜伽 (G) Therapy Stretching (G)					