

Yogis Yoga Class Schedule (Apr 2024)

荃灣富利達中心9樓B室 (大鴻輝荃灣中心鄰近)
Flat B, 9/F, Fullytech Centre, No.18 Tak Hoi Street, Tsuen Wan, NT.

荃灣分校



瑜珈課堂whatsapp查詢專線
93345673
荃灣分校 97864213

R2 = RY1 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)



Mon	Tue	Wed	Thu	FRI	Sat	Sun
Yan - R2 (10:00-11:00) 瑜珈輪 (G) Wheel Yoga (G)	Eva (10:00-11:00) 空中動瑜珈 (初階) (A) Aerial Flow (Beginner) (A)		Penelope (09:30-10:30) 哈達瑜珈 (G) Hatha Yoga (G)	Figi (10:00-11:00) 伸展瑜珈 (G) Yoga Stretching (G)	Snow (10:00-11:00) 瑜珈輪 (初階) (G) Wheel Yoga (Beginner) (G)	
Yan - R2 (11:15-12:15) 空中瑜珈 (A) Aerial Yoga (A)	Eva (11:10-12:10) 哈達瑜珈 (初階) (G) Hatha Yoga (Beginner) (G)		Penelope (10:45-11:45) 後彎 (零基礎班) (G) Backbend (Basic Class) (G)	Figi (11:10-12:10) 瑜珈輪 (G) Wheel Yoga (G)	Snow (11:15-12:15) 伸展治療瑜珈 (G) Therapy Stretching (G)	
		(11:45-13:45) Private Training			(13:45-14:45) Private Training	
	Carmen - R2,3,5 (15:45-16:45) 哈達瑜珈 (初階) (G) Hatha Yoga (Beginner) (G)					Tess (14:00-15:00) 哈達瑜珈 (初階) (G) Hatha Yoga (Beginner) (G)
	Carmen - R2,3,5 (16:50-17:50) 伸展治療瑜珈 (G) Therapy Stretching (G)			Snow (17:55-18:55) 修身瑜珈 (G) Slim Yoga (G)		Tess (15:10-16:10) 伸展瑜珈 (初階) (G) Yoga Stretching (Beginner)(G)
Carmen L (19:00-20:00) 纖體減壓瑜珈 (G)	Yan - R2 (19:00-20:00) 哈達瑜珈 (G) Hatha Yoga (G)	Eva (18:30-19:30) 伸展瑜珈 (G) Yoga Stretching (G)	Yan - R2 New (19:20-20:20) 舒壓伸展瑜珈 (G) Relaxing Stretching (G)	Snow (19:05-20:05) 瑜珈輪 (G) Wheel Yoga (G)	Yan - R2 (18:30-19:30) 瑜珈輪 (G) Wheel Yoga (G)	
Carmen L (20:10-21:10) 呼吸伸展瑜珈 (G)	Yan (20:00-21:00) 瑜珈輪 (G) Wheel Yoga (G)	Eva (19:30-20:30) Shoulder & Hip Stretching (G)	Yan - R2 New (20:30-21:30) 開髖 (G) Hip Opening (G)	Snow (20:15-21:15) 空中瑜珈 (初階) (A) Aerial Yoga (Beginner) (A)	Yan (19:30-20:30) 空中瑜珈 (A) Aerial Yoga (A)	