

Yogis Yoga Class Schedule (Dec 2024)

荃灣灰窰角街8號,第一亞洲中心8樓A室 (Plaza 88, 爵悅庭對面)
Flat A, 8/F, First Asia Tower, No.8 Fui Yiu Kok Street, Tsuen Wan, NT.

新界區(荃灣)
(第一亞洲中心課室)

 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 |
|---|---|---|-----|-----|-----|-----|
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| | Eva - R2 (11:00-12:00) 哈達瑜伽 (初階) (G) Hatha Yoga (Beginner) (G) | | | | | |
| | Eva - R2 (12:00-13:00) 伸展瑜伽 (G) Yoga Stretching (G) | | | | | |
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| Carmen L (19:00-20:00) 纖體減壓瑜伽 (G) | Yan - R2 (19:15-20:15) 哈達瑜伽 (G) Hatha Yoga (G) | Eva - R2 (18:45-19:45) 伸展瑜伽 (G) Yoga Stretching (G) | | | | |
| | Yan - R2 (20:15-21:15) 瑜伽輪 (G) Wheel Yoga (G) | Eva - R2 (19:45-20:45) Shoulder & Hip Stretching (G) | | | | |