

# Yogis Yoga Class Schedule (Sept 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
	Eva - R2 <span style="color: red;">New</span> (10:00-11:00) 伸展瑜伽 (G) Yoga Stretching (G)					
	Eva - R2 <span style="color: red;">New</span> (11:00-12:00) 哈達瑜伽 (初階) (G) Hatha Yoga (Beginner) (G)					
<span style="color: red;">New</span> Carmen L (19:00-20:00) 纖體減壓瑜伽 (G)	Yan - R2 <span style="color: red;">New</span> (19:15-20:15) 哈達瑜伽 (G) Hatha Yoga (G)	Eva - R2 <span style="color: red;">New</span> (19:00-20:00) 伸展瑜伽 (G) Yoga Stretching (G)				
	Yan - R2 <span style="color: red;">New</span> (20:15-21:15) 瑜伽輪 (G) Wheel Yoga (G)	Eva - R2 <span style="color: red;">New</span> (20:00-21:00) Shoulder & Hip Stretching (G)				