

Yogis Yoga Class Schedule (May 2024)

灣仔軒尼詩道188號Tower188, 6樓全層(灣仔港鐵站A4出口行1分鐘)
Six Floor ,Tower188 ,188 Hennessy Road, Wan Chai
(Wan Chai Station, Exit A4, Walking distance 1mins)

灣仔新分校
(6樓全層課室)

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)
*A=Aerial(空中)(1小時扣1堂)
**G=Ground(地面)(2小時扣2堂)
Zumba Dance(每次扣1堂)



Mon	Tue	Wed	Thu	FRI	Sat	Sun
Eva (10:00-11:00) 瑜伽輪 (初階) (G) Wheel Yoga (Beginner) (G)	Michelle - R2,3,5 (09:00-10:00) 哈達瑜伽 (G) Hatha Yoga (G)					
Eva (11:15-12:15) 空中瑜伽 (初階) (A) Aerial Yoga (Beginner) (A)	Michelle - R2,3,5 (10:00-11:00) 伸展瑜伽 (G) Yoga Stretching (G)	Rachel (12:30-13:30) Zumba Dance	Eva (11:50-12:50) 伸展瑜伽 (G) Yoga Stretching (G)	Mark (12:30-13:30) 夏日爆汗消脂班 (初階)	New	
Eva (12:30-13:30) 舒壓伸展瑜伽 (G) Relaxing Stretching (G)			Eva (13:00-14:00) Shoulder & Hip Stretching (G)	Mark (13:40-14:40) 懸掛系統肌力訓練 (初階)		
			Teresa - R2,3,5 (15:30-17:30) **Inversion and Backbend (G) Level 2 (需要半年以上瑜伽經驗)(扣2堂)			
					Teresa - R2,3,5 (14:30-16:00) **Inversion and Backbend (G) Level 1 (需要半年以上瑜伽經驗)(扣2堂)	
		Yan - R2 (18:15-19:15) 開髖 (G) Hip Opening (G)	Teresa (18:15-19:15) 空中花式 (A) Aerial Hammock(A) Level1-2(All Level)	Eva (18:15-19:15) 基礎瑜伽 (G) Basic Yoga (G)	Teresa - R2,3,5 (16:15-17:15) Private Training	
Fianna (19:00-20:00) Gentle Flow (G)	Yvonne (18:40-19:40) 修身瑜伽 (初階) (G) Slim Yoga (Beginner) (G)	Yan - R2 (19:15-20:15) 瑜伽輪 (G) Wheel Yoga (G)	Teresa - R2,3,5 (19:20-20:20) 椅子瑜伽 (G) Chair Yoga (G) All Level	Eva (19:15-20:15) 空中瑜伽 (零基礎班) (A) Aerial Yoga (Basic Class) (A)	Snow (17:15-18:15) 瑜伽輪 (G) Wheel Yoga (G)	
Fianna (20:10-21:10) Mindful Stretching (G)	Yvonne (19:50-20:50) 瑜伽輪伸展 (G) Stretching with Yoga Wheel (G)	Yan - R2 (20:15-21:15) 哈達瑜伽 (G) Hatha Yoga (G)	Teresa - R2,3,5 (20:30-21:30) 靜誦瑜伽 (G) Yin Singing Bowl (G) All Level	Eva (20:15-21:15) 伸展治療瑜伽 (G) Therapy Stretching (G)	Snow (18:20-19:20) 開胸 & 開膊 Chest & Shoulder Opening (G)	