

Yogis Yoga Class Schedule (Oct 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)
*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
<p>New</p> <p>(09:00-18:00) RYT200 Teacher Training 200小時國際瑜伽導師 培訓課程(平日班)</p>		<p>(09:00-12:30) New RYT200 Teacher Training 200小時國際瑜伽導師 培訓課程(平日班)</p>		<p>New</p> <p>(09:00-18:00) RYT200 Teacher Training 200小時國際瑜伽導師 培訓課程(平日班)</p>		<p>(09:50-12:15) Private Training</p>
	<p>New</p> <p>(10:00-12:00) Private Training</p>	<p>New</p> <p>Rachel (12:30-13:30) Zumba Dance</p>	<p>New</p> <p>(11:30-13:30) 1 VS 1 瑜伽被動式伸展治療 (私人班)</p>		<p>(10:00-11:00) Private Training</p>	<p>(12:20-13:35) 1 VS 1 瑜伽被動式伸展 (私人班)</p>
		<p>New</p> <p>(13:30-18:00) RYT200 Teacher Training 200小時國際瑜伽導師 培訓課程(平日班)</p>	<p>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)</p>		<p>New</p> <p>(11:00-13:00) 1 VS 1 瑜伽被動式伸展 (私人班)</p>	<p>(14:00-15:30) Private Training</p>
					<p>(16:00-17:30) 1 VS 1 瑜伽被動式伸展治療 (私人班)</p>	
<p>New</p>	<p>Eva - R2 New (18:40-19:40) 開肩膊、開髖 Shoulder & Hip Stretching(G)</p>	<p>Yan - R2 New (18:30-19:30) 伸展瑜伽 (G) Yoga Stretching (G)</p>	<p>Teresa - R2,3,5 (18:40-19:40) 哈達瑜伽 (G) Hatha Yoga (G) All Level</p>	<p>Eva (19:00-20:00) 空中瑜伽 (基礎班) (A) Aerial Yoga (Basic Class) (A)</p>		
<p>(19:30-20:30) Private Training</p>	<p>Eva - R2 New (19:50-20:50) 放鬆伸展瑜伽 (G) Relaxing Stretch (G)</p>	<p>Yan - R2 New (19:30-20:30) 瑜伽輪 (G) Wheel Yoga (G)</p>	<p>Teresa - R2,3,5 (19:45-20:45) 椅子瑜伽 (G) Chair Yoga (G) All Level</p>	<p>Eva - R2 New (20:00-21:00) Aroma Yoga - Stress Relief (G) 香薰減壓瑜伽 (G)</p>		