

# Yogis Yoga Class Schedule (Feb 2026)

新蒲崗大有街3號萬迪廣場8樓C室(鑽石山地鐵站A2出口行4分鐘)  
8C, Maxgrand Plaza, 3 Tai Yau Street, San Po Kong, KLN  
(Diamond Hill Station, Exit A2, Walking distance 4mins)

鑽石山總校  
(8C課室)

瑜伽課堂whatsapp查詢專線  
93345673 / 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)



| Mon                                                                        | Tue                                                                                        | Wed                                                                             | Thu                                                                               | FRI                                                                           | Sat                                                                  | Sun                                                                                     |
|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
|                                                                            |                                                                                            |                                                                                 |                                                                                   |                                                                               |                                                                      | Raye<br>(09:30-10:30)<br>伸展治療瑜伽 (G)<br>Therapy Stretching (G)                           |
| Michelle - R2,3,5<br>(10:00-11:00)<br>哈達瑜伽 (G)<br>Hatha Yoga (G)           | Katherine<br>(10:00-11:00)<br><b>*NEW*</b> 伸展瑜伽 (初階) (G)<br>Yoga Stretching (Beginner) (G) | Michelle<br>(10:00-11:00)<br>空中瑜伽 Aerial Yoga (A)<br><b>**不計入RYT300/500選修課堂</b> | Yan - R2<br>(10:00-11:00)<br>伸展瑜伽 (G)<br>Yoga Stretching (G)                      | Carmen<br>(10:00-11:00)<br>空中瑜伽 Aerial Yoga (A)<br><b>**不計入RYT300/500選修課堂</b> | Yan - R2<br>(10:00-11:00)<br>一字馬 (G)                                 | Ashley<br>(10:30-11:30)<br><b>*NEW*</b> 伸展瑜伽 (初階) (G)<br>Yoga Stretching (Beginner) (G) |
| Michelle - R2,3,5<br>(11:00-12:00)<br>伸展瑜伽 (G)<br>Yoga Stretching (G)      | Eva - R2<br>(11:00-12:00)<br>全身伸展瑜伽 (初階) (G)                                               | Michelle - R2,3,5<br>(11:00-12:00)<br>伸展治療瑜伽 (G)<br>Therapy Stretching (G)      | Yan - R2<br>(11:00-12:00)<br>椅子瑜伽 (G)<br>Chair Yoga (G)                           | Carmen - R2,3,5<br>(11:10-12:10)<br>哈達瑜伽 (G)<br>Hatha Yoga (G)                | Yan - R2<br>(11:00-12:00)<br>伸展治療瑜伽 (G)<br>Therapy Stretching (G)    | (11:30-18:30)<br>RYT200 Teacher Training<br>200小時國際瑜伽導師培訓課程<br>(六日班)                    |
| (12:00-18:00)<br>RYT200 Teacher Training<br>200小時國際瑜伽導師<br>理論培訓課程<br>(平日班) | (12:00-18:00)<br>RYT200 Teacher Training<br>200小時國際瑜伽導師<br>理論培訓課程<br>(平日班)                 | Michelle - R2,3,5<br>(12:00-13:00)<br>開髖 (G) / Hip Opening (G)                  | (12:00-18:00)<br>RYT200 Teacher Training<br>200小時國際瑜伽導師<br>理論培訓課程<br>(平日班)        | Carmen - R2,3,5<br>(12:20-13:20)<br>瑜伽輪 (初階) (G)<br>Wheel Yoga (Beginner) (G) | (12:00-17:00)<br>RYT200 Teacher Training<br>200小時國際瑜伽導師培訓課程<br>(六日班) |                                                                                         |
|                                                                            |                                                                                            | (13:00-18:00)<br>RPYT<br>85小時香港孕婦瑜伽導師<br>培訓課程                                   |                                                                                   | Carmen - R2,3,5<br>(13:30-14:30)<br>伸展治療瑜伽 (G)<br>Therapy Stretching (G)      |                                                                      |                                                                                         |
|                                                                            |                                                                                            |                                                                                 |                                                                                   | (14:45-17:00)<br>Private Training                                             |                                                                      |                                                                                         |
|                                                                            |                                                                                            |                                                                                 |                                                                                   |                                                                               |                                                                      |                                                                                         |
| Eva<br>(18:15-19:15)<br><b>*NEW*</b> 伸展治療瑜伽 (G)<br>Therapy Stretching (G)  | Margaret - R2<br>(18:15-19:15)<br>伸展瑜伽 (G)<br>Yoga Stretching (G)                          | Michelle - R2,3,5<br>(18:15-19:15)<br>伸展瑜伽 (G)<br>Yoga Stretching (G)           | Mark<br>(18:15-19:15)<br>柔韌伸展 (初階)<br>Flexibility Stretching (Beginner)           | Carmen - R2,3,5<br>(18:15-19:15)<br>哈達瑜伽 (G)<br>Hatha Yoga (G)                | Carmen - R2,3,5<br>(17:15-18:15)<br>哈達瑜伽 (G)<br>Hatha Yoga (G)       | Yan<br>(18:30-19:30)<br>空中瑜伽 (A)<br>Aerial Yoga (A)                                     |
| Eva<br>(19:15-20:15)<br>空中瑜伽 (零基礎班) (A)<br>Aerial Yoga (Basic Class) (A)   | Margaret - R2<br>(19:25-20:25)<br>修身瑜伽 (G)<br>Slim Yoga (G)                                | Michelle<br>(19:15-20:15)<br>空中瑜伽 Aerial Yoga (A)<br><b>**不計入RYT300/500選修課堂</b> | Teresa - R2,3,5<br>(19:15-20:15)<br>哈達瑜伽 (G)<br>Hatha Yoga (G) All Level          | Carmen<br>(19:20-20:20)<br>陰陽瑜伽初級 (G)<br>YinYang Yoga (Basic Class) (G)       | Carmen - R2,3,5<br>(18:20-19:20)<br>伸展瑜伽 (G)<br>Yoga Stretching (G)  | Yan - R2<br>(19:30-20:30)<br>瑜伽棒<br>Yoga Stick (G)                                      |
| Eva - R2<br>(20:15-21:15)<br>一字馬 (零基礎班)                                    | Margaret - R2<br>(20:35-21:35)<br>開肩膊 (G)<br>Shoulder Stretching (G)                       | Mark<br>(20:15-21:15)<br>TRX 修身減肥班 (All Level) (G)                              | Teresa - R2,3,5<br>(20:15-21:15)<br>伸展治療瑜伽 (G)<br>Therapy Stretching (G)All Level | Carmen - R2,3,5<br>(20:25-21:25)<br>伸展治療瑜伽 (G)<br>Therapy Stretching (G)      |                                                                      | <b>**所有課堂以電腦系統資料為準</b>                                                                  |