

# Yogis Yoga Class Schedule (Oct 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 (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)					
Carmen L (19:00-20:00) 纖體減壓瑜伽 (G)	Yan - R2 <b>New</b> (19:15-20:15) 哈達瑜伽 (G) Hatha Yoga (G)	Eva - R2 <b>New</b> (18:45-19:45) 伸展瑜伽 (G) Yoga Stretching (G)				
	Yan - R2 <b>New</b> (20:15-21:15) 瑜伽輪 (G) Wheel Yoga (G)	Eva - R2 <b>New</b> (19:45-20:45) Shoulder & Hip Stretching (G)				