

# Yogis Yoga Class Schedule (11-30 Sept 2024)

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

鑽石山總校  
(恆常課室)(R)

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)



Mon	Tue	Wed	Thu	FRI	Sat	Sun
	Woody - R2 (09:00-10:00) Yoga Flow (G)					
	Woody - R2 (10:10-11:10) 排毒瑜伽 (G) Detox Yoga (G)	Teresa - R2,3,5 <b>New</b> (10:00-11:00) 伸展瑜伽 (G) Yoga Stretching (G) All Level	Yan - R2 (10:00-11:00) 伸展瑜伽 (G) Yoga Stretching (G)	Carmen (10:00-11:00) 空中瑜伽 (A) Aerial Yoga (A)	Yan - R2 (10:35-11:35) 一字馬 (G)	
Eva - R2 <b>New</b> (11:10-12:10) 哈達瑜伽 (初階) (G) Hatha Yoga (Beginner) (G)	Woody - R2 (11:15-12:15) 瑜伽普拉提 (G) Yoga Pilates (G)	Teresa - R2,3,5 <b>New</b> (11:15-12:15) 伸展治療瑜伽 (G) Therapy Stretching (G) All Level	Yan - R2 (11:10-12:10) 椅子瑜伽 (G) Chair Yoga (G)	Carmen - R2,3,5 (11:10-12:10) 哈達瑜伽 (G) Hatha Yoga (G)	Yan - R2 (11:40-12:40) 伸展治療瑜伽 (G) Therapy Stretching (G)	Yvonne (11:00-12:00) 修身瑜伽 (初階) (G) Slim Yoga (Beginner) (G)
Eva - R2 <b>New</b> (12:20-13:20) 伸展瑜伽 (G) Yoga Stretching (G)	Woody - R2 (12:30-13:30) 開髖 (G) Hip Opening (G)			Carmen - R2,3,5 (12:20-13:20) 瑜伽輪 (初階) (G) Wheel Yoga (Beginner) (G)	Eva (12:45-13:45) 空中瑜伽 (初階) (A) Aerial Yoga (Beginner) (A)	Yvonne (12:10-13:10) Shoulder & Hip Stretching (G)
(13:30-17:30) RYT200 Teacher Training 200小時國際瑜伽導師 理論培訓課程 (平日班)	(13:30-17:30) RYT200 Teacher Training 200小時國際瑜伽導師 理論培訓課程 (平日班)	Yan - R2 (13:30-14:30) 椅子瑜伽 (G) Chair Yoga (G)	(13:30-17:30) RYT200 Teacher Training 200小時國際瑜伽導師 理論培訓課程 (平日班)	Carmen - R2,3,5 (13:30-14:30) 伸展治療瑜伽 (G) Therapy Stretching (G)	Eva - R2 (13:50-14:50) Aroma Yoga - Stress Relief (G) 香薰減壓瑜伽 (G)	Yan - R2 (13:20-14:20) 哈達瑜伽 (G) Hatha Yoga (G)
		Yan - R2 (14:40-15:40) 伸展治療瑜伽 (G) Therapy Stretching (G)			Teresa - R2,3,5 (15:00-16:00) 椅子瑜伽 (G) Chair Yoga (G) All Level	Yan - R2 (14:30-15:30) 瑜伽棒 (G) Yoga Stick (G)
	Margaret - R2 (18:15-19:15) 伸展瑜伽 (G) Yoga Stretching (G)	Teresa - R2,3,5 <b>New</b> (18:15-19:15) 哈達瑜伽 (G) Hatha Yoga (G) All Level		Carmen - R2,3,5 (18:15-19:15) 哈達瑜伽 (G) Hatha Yoga (G)	Teresa - R2,3,5 (16:05-17:05) 瑜伽輪 (G) Wheel Yoga (G) All Level	Yan (15:40-16:40) 空中瑜伽 (A) Aerial Yoga (A)
Yan - R2 (19:00-20:00) 瑜伽輪 (G) Wheel Yoga (G)	Margaret - R2 (19:25-20:25) 修身瑜伽 (G) Slim Yoga (G)	Teresa - R2,3,5 <b>New</b> (19:15-20:15) 伸展治療瑜伽 (G) Therapy Stretching (G) All Level	Margaret (19:00-20:00) 空中瑜伽 (A) Aerial Yoga (A)	Carmen (19:20-20:20) YinYang Yoga (Basic Class) (G)/ 陰陽瑜伽初級 (G)	Carmen - R2,3,5 (17:15-18:15) 哈達瑜伽 (G) Hatha Yoga (G)	(18:30-23:30) Private Training
Yan - R2 <b>New</b> (20:00-21:00) 大字馬 (2/9 & 16/9 & 30/9) (G) / 一字馬 (9/9 & 23/9) (G)	Margaret - R2 (20:35-21:35) 開肩膊 (G) Shoulder Stretching (G)	(20:30-22:00) Private Training	Margaret - R2 (20:15-21:15) 瑜伽輪 (G) Wheel Yoga (G)	Carmen - R2,3,5 (20:25-21:25) 伸展治療瑜伽 (G) Therapy Stretching (G)	Carmen - R2,3,5 (18:20-19:20) 伸展瑜伽 (G) Yoga Stretching (G)	