

Yogis Yoga Class Schedule (Jun 2025)

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

(特式課室)(S)

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
(09:00-18:00) RYT200 Teacher Training 200小時國際瑜伽導師 培訓課程(平日班)		(09:15-12:00) 促進銀髮統籌機構發展項目 長者瑜伽	(09:00-18:00) RYT200 Teacher Training 200小時國際瑜伽導師 培訓課程(平日班)			(10:30-18:30) RYT200 Teacher Training 200小時國際瑜伽導師培訓課程 (六日班)
	Eva - R2 New (13:00-14:00) 全身伸展瑜伽 (初階) (G) / Full Body Yoga Stretching (Beginner) (G)				Yan - R2 (10:35-11:35) 一字馬 (G)	
	Eva - R2 New (14:00-15:00) 哈達瑜伽 (初階) (G) Hatha Yoga Beginner (G)				Yan - R2 (11:40-12:40) 伸展治療瑜伽 (G) Therapy Stretching (G)	
	(15:15-17:30) Private Training	(12:00-18:00) RYT200 Teacher Training 200小時國際瑜伽導師 理論培訓課程 (平日班)		(12:00-18:00) RYT200 Teacher Training 200小時國際瑜伽導師 理論培訓課程 (平日班)	Mark (13:45-14:45) Flexibility Stretching (Beginner) (A)	
					Mark (14:50-15:50) 修身減肥班 (初階) (G) TRX (Beginner) (G)	
					Anita (16:10-17:10) 跆拳道兒童班	
					Anita (17:15-18:15) 跆拳道兒童班 (補堂)	
Eva (19:00-20:00) 空中瑜伽 (零基礎班) (A) Aerial Yoga (Basic Class) (A)	Mark (19:00-20:00) Flexibility Stretching (Beginner) (C)	Eva - R2 (19:00-20:00) 瑜伽輪伸展 (零基礎班) Wheel Stretching (Basic Class)	Teresa - R2,3,5 (19:00-20:00) 哈達瑜伽 (G) Hatha Yoga (G) All Level	Yvonne (19:15-20:15) 修身瑜伽 (初階) (G) Slim Yoga (Beginner) (G)		
Eva - R2 (20:10-21:10) 一字馬 (零基礎班)	Mark (20:10-21:10) TRX 修身減肥班 (All Level) (G)	Eva - R2 (20:10-21:10) 香薰排毒瑜伽 (初階) (G) Aroma Detox Yoga (Beginner) (G)	Teresa - R2,3,5 (20:10-21:10) 伸展治療瑜伽 (G) Therapy Stretching (G) All Level	Yvonne (20:25-21:25) 空中瑜伽 (初階) (A) Aerial Yoga (Beginner) (A)		**所有課堂以電腦系統資料為準