

# ANGELLEUYOGA 2021 / 12月課表 (Tsim Sha Tsui)

星期一	星期二	星期三	星期四	星期五	星期六	星期日
	10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)				10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Alice Law)	09:50AM-10:50AM 開髖瑜伽 Open Hip (Suyi Chan)
10:30AM-11:30AM 初級手平衡 Beginner Arm Balance (Amanda Ma)	11:10AM-12:10PM 空中瑜伽 Aerial Yoga (Rachel Wu)	10:30AM-11:30AM 初級空中瑜伽 Beginner Aerial Yoga (Jacqueline Ho)	11:30AM-12:30PM 瑜珈輪 Wheel Yoga (Bear Kung)	11:30AM-12:30PM 瑜珈輪 Wheel Yoga (Zenia Au Yeung)	11:10AM-12:10PM 空中瑜伽 Aerial Yoga (Alice Law)	11:00AM-12:00PM 後彎提昇 Back Bending (Suyi Chan)
11:40AM-12:40PM 哈達瑜珈 Hatha Yoga (Amanda Ma)	12:30PM-13:30PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	11:40AM-12:40PM 瑜珈輪 Wheel Yoga (Jacqueline Ho)	12:40PM-13:40PM 初級空中瑜伽 Beginner Aerial Yoga (Bear Kung)	12:40PM-13:40PM 後彎提昇 Back Bending (Zenia Au Yeung)	12:40PM-13:40PM 瑜珈輪 Wheel Yoga (Chealun)	12:10PM-13:10PM 初級空中瑜伽 Beginner Aerial Yoga (Suyi Chan)
13:30AM-15:00PM 自由練習堂 Practice Class	15:00PM-16:00PM 瑜珈輪 Wheel Yoga (Karen Tsao)	13:30AM-14:30PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	15:00PM-16:00PM 初級手平衡 Beginner Arm Balance (Natalie Wong)	14:00PM-15:00PM 開髖瑜伽 Open Hip (Kathy Szeto)	13:50PM-14:50PM 深層拉筋 Deep Stretching (Chealun)	14:10PM-15:10PM 瑜珈輪 Wheel Yoga (Yeliz Wong)
16:00PM-17:00PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	16:10PM-17:10PM 初級空中瑜伽 Beginner Aerial Yoga (Karen Tsao)	14:40PM-15:40PM 後彎提昇 Back Bending (Yoyo Ngan)	16:10PM-17:10PM 初級倒立 Beginner Inversion (Natalie Wong)	15:20PM-16:20PM 深層拉筋 Deep Stretching (Chealun)	15:00PM-16:00PM 後彎提昇 Back Bending (Chealun)	15:20PM-16:20PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz Wong)
17:10PM-18:10PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz Wong)	17:30PM-18:30PM 空中瑜伽 Aerial Yoga (Rachel Wu)	16:00PM-17:00PM 深層拉筋 Deep Stretching (Kathy Szeto)	17:20PM-18:20PM 後彎提昇 Back Bending (Natalie Wong)	16:30PM-17:30PM 瘦身瑜珈 Slim Yoga (Chealun)	17:10PM-18:10PM 初級空中瑜伽 Beginner Aerial Yoga (Esther Lau)	16:30PM-17:30PM 空中瑜伽 Aerial Yoga (Yeliz Wong)
18:40PM-19:40PM 後彎提昇 Back Bending (Natalie Wong)	18:40PM-19:40PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	18:00PM-19:00PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	18:30PM-19:30PM 瑜珈輪 Wheel Yoga (Natalie Wong)	17:50PM-18:50PM 高溫瑜珈 Hot Yoga (Angel Lee)	<ol style="list-style-type: none"> <li>所有課堂四人成班。</li> <li>會員可於系統預約14天內課堂。</li> <li>所有已預約之課堂如需取消/改期，需於上堂前24小時自行到系統取消，否則照樣扣堂。</li> <li>遲到多於15分鐘將不能進入課室，並會照扣堂。</li> <li>所有課堂均扣一堂。</li> <li>如因不成班被取消課堂，單館套票的會員可預約當天其他分館之課堂。</li> </ol>	
19:50PM-20:50PM 初級倒立 Beginner Inversion (Natalie Wong)	19:50PM-20:50PM 瑜珈輪 Wheel Yoga (Rachel Wu)	19:10PM-20:10PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz Wong)	19:40PM-20:40PM 開髖瑜伽 Open Hip (Suyi Chan)	19:00PM-20:00PM 空中瑜伽 Aerial Yoga (Angel Lee)		
21:00PM-22:00PM 瑜珈輪 Wheel Yoga (Natalie Wong)	21:00PM-22:00PM 後彎提昇 Back Bending (Rachel Wu)	20:20PM-21:20PM 後彎提昇 Back Bending (Yeliz Wong)	20:50PM-21:50PM 初級空中瑜伽 Beginner Aerial Yoga (Suyi Chan)	20:10PM-21:10PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)		

# ANGELLEERYOGA 2021 / 12月課表 (Shek Mun)

星期一	星期二	星期三	星期四	星期五	星期六	星期日
09:00AM-10:00AM 瑜伽輪 Wheel Yoga (Karen Tsao)		10:30AM-11:30AM 初級空中瑜伽 Beginner Aerial Yoga (Kathleen Chan)	10:00AM-11:00AM 深層拉筋 Deep Stretching (Suki Chan)	10:00AM-11:00AM 瑜伽輪 Wheel Yoga (Ariel Tiu)	10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Jacqueline Ho)	10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Alice Law)
10:20PM-11:20PM 瘦身瑜伽 Slim Yoga (Denise Yeung)	10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)	11:40PM-12:40PM 後彎提升 Back Bending (Kathleen Chan)	11:10AM-12:10PM 初級空中瑜伽 Beginner Aerial Yoga (Suki Chan)	11:10AM-12:10PM 空中瑜伽 Aerial Yoga (Ariel Tiu)	11:10AM-12:10PM 瑜伽輪 Wheel Yoga (Jacqueline Ho)	11:10AM-12:10AM 空中瑜伽 Aerial Yoga (Alice Law)
12:00PM-13:30PM 自由練習堂 Practice Class	11:20AM-12:10PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (June Ko)	13:00PM-14:00PM 瑜伽輪 Wheel Yoga (Angel Lee)	13:10PM-14:10PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Cathy Chan)	13:00PM-14:30PM 自由練習堂 Practice Class	12:20PM-13:20PM 初級倒立 Beginner Inversion (Jacqueline Ho)	12:30AM-13:30PM 香薰瑜伽 Aroma Yoga (Hana Po)
14:00PM-15:00PM 初級空中瑜伽 Beginner Aerial Yoga (Judith Wong)	13:00PM-14:30PM 自由練習堂 Practice Class	14:10PM-15:10PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	15:00PM-16:00PM 初級空中瑜伽 Beginner Aerial Yoga (Jacqueline Ho)	15:30PM-16:30PM 瑜伽輪 Wheel Yoga (Becca Chan)	13:40PM-14:40PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Zoie Hui)	13:40AM-14:40PM 瑜伽輪 Wheel Yoga (Hana Po)
15:10PM-16:10PM 深層拉筋 Deep Stretching (Judith Wong)	16:00PM-17:00PM 初級空中瑜伽 Beginner Aerial Yoga (Judith Wong)	15:50PM-16:50PM 深層拉筋 Deep Stretching (Becca Chan)	16:10PM-17:10PM 瑜伽輪 Wheel Yoga (Jacqueline Ho)	16:40PM-17:40PM 深層拉筋 Deep Stretching (Becca Chan)	15:00PM-16:00PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Zoie Hui)	15:00PM-16:00PM 初級空中瑜伽 Beginner Aerial Yoga (Sally Li)
16:30PM-18:00PM 自由練習堂 Practice Class	17:10PM-18:10PM 瑜伽輪 Wheel Yoga (Judith Wong)	17:10PM-18:10PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Cerene Chan)	18:10PM-19:10PM 哈達瑜伽 Hatha Yoga (Jacqueline Ho)	18:00PM-19:00PM 開體瑜伽 Open Hip (June Ko)	16:20PM-17:20PM 香薰瑜伽 Aroma Yoga (Suki Chan)	16:20PM-17:20PM 空中瑜伽 Aerial Yoga (Sally Li)
19:00PM-20:00PM 瑜伽輪 Wheel Yoga (Judith Wong)	19:00PM-20:00PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (June Ko)	19:00PM-20:00PM 深層拉筋 Deep Stretching (Vivian Yau)	19:20PM-20:20PM 空中瑜伽 Aerial Yoga (Jacqueline Ho)	19:10PM-20:10PM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)	<ol style="list-style-type: none"> <li>所有課堂四人成班。</li> <li>會員可於系統預約 14天內課堂。</li> <li>所有已預約之課堂如需取消/改期，需於上堂前 24小時自行到系統取消，否則照樣扣堂。</li> <li>遲到多於 15分鐘將不能進入課堂，並會照扣堂。</li> <li>所有課堂均扣一堂。</li> <li>如因不成班被取消課堂，單館套票的會員可預約當天其他分館之課堂。</li> </ol>	
20:10PM-21:10PM 初級空中瑜伽 Beginner Aerial Yoga (Judith Wong)	20:20PM-21:20PM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)	20:10PM-21:10PM Silk (All level) (Vivian Yau)	20:30PM-21:30PM 瑜伽輪 Wheel Yoga (Jacqueline Ho)	20:30PM-21:30PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (June Ko)		

\*石門單館套票\* 於導師培訓課程當天，可聯絡各分館預約其他分館上課。

# ANGELLEEYOGA 2021 / 12月課表 (Mong Kok)

星期一	星期二	星期三	星期四	星期五	星期六	星期日
		10:30AM-11:30PM 初級倒立 Beginner Inversion (Natalie Wong)			10:30AM-11:30PM 初級空中瑜伽 Beginner Aerial Yoga (Sally Li)	10:30AM-11:30PM 初級空中瑜伽 Beginner Aerial Yoga (Siu Yeung)
10:30AM-11:30AM 香薰瑜伽 Aroma Yoga (Josephine Chan)	11:00AM-12:00PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	11:40AM-12:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)	11:30AM-12:30PM 瘦身瑜珈 Slim Yoga (Judith Wong)	11:50AM-12:50PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	11:40AM-12:40PM 空中瑜伽 Aerial Yoga (Sally Li)	11:40AM-12:40PM 空中瑜伽 Aerial Yoga (Siu Yeung)
11:40PM-12:40PM 瑜珈輪 Wheel Yoga (Josephine Chan)	12:10PM-13:10PM 後彎提昇 Back Bending (Yoyo Ngan)	12:50PM-13:50PM 後彎提昇 Back Bending (Natalie Wong)	12:40PM-13:40PM 初級空中瑜伽 Beginner Aerial Yoga (Judith Wong)	13:00PM-14:00PM 後彎提昇 Back Bending (Yoyo Ngan)	13:10PM-14:10PM 瑜珈輪 Wheel Yoga (Miki Ng)	12:50PM-13:50PM 香薰瑜珈 Aroma Yoga (Kathleen Chan)
12:30PM-14:00PM 自由練習堂 Practice Class	13:30PM-15:00PM 自由練習堂 Practice Class	14:30PM-15:30PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	14:30PM-15:30PM 瑜珈輪 Wheel Yoga (Noriko Lin)	14:20PM-15:20PM 深層拉筋 Deep Stretching (Cyan Chan)	14:20PM-15:20PM 瘦身瑜珈 Slim Yoga (Miki Ng)	14:00PM-15:00PM 瑜珈輪 Wheel Yoga (Kathleen Chan)
14:20PM-15:20PM 初級空中瑜伽 Beginner Aerial Yoga (Casley Lee)	15:20PM-16:20PM 瑜珈輪 Wheel Yoga (Ariel Tiu)	15:40PM-16:40PM 空中瑜伽 Aerial Yoga (Rachel Wu)	15:40PM-16:40PM 脊柱保健瑜珈 Back Care Yoga (Noriko Lin)	15:30PM-16:30PM 瑜珈輪 Wheel Yoga (Cyan Chan)	15:40PM-16:40PM 初級空中瑜伽 Beginner Aerial Yoga (Esther Lau)	15:20PM-16:20PM 初級空中瑜伽 Beginner Aerial Yoga (Ariel Tiu)
15:30PM-16:30PM 瑜珈輪 Wheel Yoga (Casley Lee)	16:30PM-17:30PM 初級空中瑜伽 Beginner Aerial Yoga (Ariel Tiu)	17:00PM-18:30PM 自由練習堂 Practice Class	16:50AM-17:50PM 空中瑜伽 Aerial Yoga (Yeliz Wong)	16:50PM-17:50PM 初級空中瑜伽 Beginner Aerial Yoga (Be Li)	17:00PM-18:00PM 初級倒立 Beginner Inversion (Chealun)	16:30PM-17:30PM 開髖瑜珈 Open Hip (Ariel Tiu)
19:00PM-20:00PM 初級空中瑜伽 Beginner Aerial Yoga (Suyi Chan)	18:00PM-19:00PM BB班空中吊環(旋轉) BB Aerial Hoop Spinning (Cerene Chan)	19:00PM-20:00PM 瑜珈輪 Wheel Yoga (Hana Po)	18:00PM-19:00PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz Wong)	18:30PM-19:30PM 後彎提昇 Back Bending (Toe Kwok)	<ol style="list-style-type: none"> <li>所有課堂四人成班。</li> <li>會員可於系統預約14天內課堂。</li> <li>所有已預約之課堂如需取消/改期，需於上堂前24小時自行到系統取消，否則照樣扣堂。</li> <li>遲到多於15分鐘將不能進入課堂，並會照扣堂。</li> <li>所有課堂均扣一堂。</li> <li>如因不成班被取消課堂，單館套票的會員可預約當天其他分館之課堂。</li> </ol>	
20:10PM-21:10PM 後彎提昇 Back Bending (Suyi Chan)	19:20PM-20:20PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	20:10PM-21:10PM 高溫瑜珈 Hot Yoga (Hana Po)	19:20PM-20:20PM 瑜珈輪 Wheel Yoga (Joann Suen)			
	20:30PM-21:30PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz Wong)		20:30PM-21:30PM 後彎提昇 Back Bending (Joann Suen)			

# ANGELLEEYOGA 2021 / 12月課表 (Kwun Tong - Rm 1)

ANGELLEEYOGA 2021 / 12月課表 (Kwun Tong - Rm 1)						
星期一	星期二	星期三	星期四	星期五	星期六	星期日
				10:00AM-11:00AM 初級空中瑜伽 BeginnerAerial Yoga (Rachel Wu)		空中導師培訓課程
	11:20AM-12:20PM 瑜珈輪 Wheel Yoga (Karen Tsao)	12:20PM-13:20PM BB班空中吊環(旋轉) BB Aerial Hoop Spinning (Cerene Chan)		11:10AM-12:10PM 空中瑜伽 Aerial Yoga (Rachel Wu)	10:30AM-11:30PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)	
12:30PM-13:30PM 深層拉筋 Deep Stretching (Denise Yeung)	12:30PM-13:30PM 初級空中瑜伽 Beginner Aerial Yoga (Karen Tsao)	13:30PM-14:30PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	12:30PM-13:30PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)	12:30PM-13:30PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	11:40PM-12:40PM 初級空中瑜伽(旋轉) BeginnerAerial Yoga Spinning (Rachel Wu)	
13:40PM-14:40PM 開髖瑜伽 Open Hip Yoga (Denise Yeung)	14:00PM-15:00PM 後彎提昇 Back Bending (Jo Cheung)	14:50PM-15:50PM 瑜珈輪 Wheel Yoga (Claire Tak)	13:40PM-14:40PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Siu Yeung)	13:40PM-14:40PM BB班空中吊環(旋轉) BB Aerial Hoop Spinning (Cerene Chan)	13:30PM-14:30PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Kristy Chan)	
14:50PM-15:50PM 後彎提昇 Back Bending (Denise Yeung)	15:10PM-16:10PM 開髖瑜伽 Open Hip Yoga (Jo Cheung)	16:00PM-17:00PM 瘦身瑜珈 Slim Yoga (Claire Tak)	15:00PM-16:30PM 自由練習堂 Practice Class	15:00PM-16:00PM 初級空中瑜伽(旋轉) BeginnerAerial Yoga Spinning (Rachel Wu)	14:50PM-15:50PM 深層拉筋 Deep Stretching (Kathy Szeto)	
17:10PM-18:10PM 瑜珈輪 Wheel Yoga (Casley Lee)	16:30PM-18:00PM 自由練習堂 Practice Class	17:20PM-18:20PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	16:50PM-17:50PM 初級倒立 Beginner Inversion (Chealun)	16:10PM-17:10PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)	16:10PM-17:10PM 初級倒立 Beginner Inversion (Denise Yeung)	
18:30PM-19:30PM 初級空中瑜伽 Beginner Aerial Yoga (Hayley Chan)	18:30PM-19:30PM 瑜珈輪 Wheel Yoga (Hayley Chan)	18:30PM-19:30PM 空中瑜伽 Aerial Yoga (Angel Lee)	18:00PM-19:00PM 深層拉筋 Deep Stretching (Chealun)	18:40PM-19:40PM 初級空中瑜伽(旋轉) BeginnerAerial Yoga Spinning (Rachel Wu)	17:20PM-18:20PM 瑜珈輪 Wheel Yoga (Denise Yeung)	
19:40PM-20:40PM 空中瑜伽 Aerial Yoga (Hayley Chan)	19:40PM-20:40PM 初級空中瑜伽 Beginner Aerial Yoga (Hayley Chan)	19:40PM-20:40PM 瑜珈輪 Wheel Yoga (Judith Wong)	19:40PM-20:40PM 瑜珈輪 Wheel Yoga (Yanes Ng)	19:50PM-20:50PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)	1. 所有課堂四人成班。 2. 會員可於系統預約14天內課堂。 3. 所有已預約之課堂如需取消/改期, 需於上堂前24小時自行到系統取消, 否則照樣扣堂。	
20:50PM-21:50PM Silk (All Level) (Hayley Chan)	21:00PM-22:00PM 初級空中吊環 Beginner Aerial Hoop (Hayley Chan)	20:50PM-21:50PM 初級空中瑜伽 Beginner Aerial Yoga (Judith Wong)	20:50PM-21:50PM 開髖瑜伽 Open Hip Yoga (Yanes Ng)	21:00PM-22:00PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	4. 遲到多於15分鐘將不能進入課堂, 並會照扣堂。 5. 所有課堂均扣一堂。 6. 如因不成班被取消課堂, 單館套票的會員可預約當天其他分館之課堂。	

\*觀塘單館套票\* 於導師培訓課程當天, 可聯絡各分館預約其他分館上課。

# ANGELLEEYOGA 2021 / 12月課表 (Kwun Tong - Rm 2)

星期一	星期二	星期三	星期四	星期五	星期六	星期日
08:00AM-09:00AM 深層拉筋 Deep Stretching (Joann Suen)				10:30AM-11:30AM 瑜珈輪 Wheel Yoga (Cyan Chan)	10:00AM-11:00AM 瘦身瑜珈 Slim Yoga (Josephine Chan)	11:00AM-12:00AM 初級空中瑜珈 BeginnerAerial Yoga (June Ko)
	11:20AM-12:20PM 香薰瑜珈 Aroma Yoga (Ariel Tiu)	12:00PM-13:00PM 初級空中瑜珈 Beginner Aerial Yoga (Yanes Ng)		11:40AM-12:40PM 深層拉筋 Deep Stretching (Cyan Chan)	11:10AM-12:10PM 香薰瑜珈 Aroma Yoga (Josephine Chan)	12:10PM-13:10PM 後彎提昇 Back Bending (June Ko)
12:00PM-13:00PM 初級空中瑜珈 Beginner Aerial Yoga (June Ko)	12:30PM-13:30PM 高溫瑜珈 Hot Yoga (Ariel Tiu)	13:10PM-14:10PM 瑜珈輪 Wheel Yoga (Yanes Ng)	12:30PM-13:30PM 瑜珈輪 Wheel Yoga (Cyan Chan)	13:00AM-14:00PM 香薰瑜珈 Aroma Yoga (Ariel Tiu)	12:20PM-13:20PM 瑜珈輪 Wheel Yoga (Josephine Chan)	13:20PM-14:20PM 瑜珈輪 Wheel Yoga (Jo Cheung)
14:30PM -15:30PM 瑜珈輪 Wheel Yoga (Claire Tak)	14:30PM-15:30PM 初級空中瑜珈 Beginner Aerial Yoga (June Ko)	14:30PM-15:30PM 初級空中瑜珈 Beginner Aerial Yoga (Judith Wong)	13:40PM-14:40PM 瘦身瑜珈 Slim Yoga (Cyan Chan)	14:10PM-15:10PM 後彎提昇 Back Bending (Ariel Tiu)	13:30PM-14:30PM 初級空中瑜珈 BeginnerAerial Yoga (Demi Fung)	14:30PM-15:30PM 初級倒立 Beginner Inversion (Jo Cheung)
15:40PM-16:40PM 私人班 Private Class	15:40PM-16:40PM 開髖瑜珈 Open Hip Yoga (June Ko)	15:40PM-16:40PM 私人班 Private Class	15:00PM-16:00PM 初級空中瑜珈 Beginner Aerial Yoga (Kathleen Chan)	15:40PM-16:40PM 私人班 Private Class	14:40PM-15:40PM 空中瑜珈 Aerial Yoga (Demi Fung)	16:00PM-17:00PM 初級空中瑜珈 Beginner Aerial Yoga (Alice Law)
17:00PM-18:00PM 初級空中瑜珈 Beginner Aerial Yoga (Ariel Tiu)	16:50PM-17:50PM 後彎提昇 Back Bending (June Ko)	17:00PM-18:00PM 後彎提昇 Back Bending (Claire Tak)	16:10PM-17:10PM 深層拉筋 Deep Stretching (Kathleen Chan)	17:00PM-18:00PM 初級倒立 Beginner Inversion (Kathleen Chan)	15:50PM-16:50PM 後彎提昇 Back Bending (Miffy Wong)	17:10PM-18:10PM 空中瑜珈 Aerial Yoga (Alice Law)
18:10PM-19:10PM 高溫瑜珈 Hot Yoga (Ariel Tiu)	18:20PM-19:20PM 深層拉筋 Deep Stretching (Elka Ho)	18:40PM-19:40PM 初級空中瑜珈 Beginner Aerial Yoga (Sandy Choi)	17:20PM-18:20PM 後彎提昇 Back Bending (Kathleen Chan)	18:10PM-19:10PM 瑜珈輪 Wheel Yoga (Kathleen Chan)	17:00PM-18:00PM 高溫瑜珈 Hot Yoga (Miffy Wong)	18:20PM-19:20PM 瑜珈輪 Wheel Yoga (Claire Tak)
19:20PM-20:20PM 瑜珈輪 Wheel Yoga (Ariel Tiu)	19:40PM-20:40PM 初級空中瑜珈 Beginner Aerial Yoga (Nicole Leung)	19:50PM-20:50PM 香薰瑜珈 Aroma Yoga (Sandy Choi)	18:40PM-19:40PM 初級空中瑜珈 Beginner Aerial Yoga (Dorothy Lo)	19:30PM-20:30PM 瘦身瑜珈 Slim Yoga (Hana Po)		19:30PM-20:30PM 高溫瑜珈 Hot Yoga (Claire Tak)
20:40PM-21:40PM 初級空中瑜珈 Beginner Aerial Yoga (Sally li)	20:50PM-21:50PM 瑜珈輪 Wheel Yoga (Nicole Leung)		19:50PM-20:50PM 空中瑜珈 Aerial Yoga (Dorothy Lo)			

# ANGELLEUYOGA 2021 / 12月課表 (Lai Chi Kok)

星期一	星期二	星期三	星期四	星期五	星期六	星期日
10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Jacqueline Ho)				09:00AM-10:00AM 初級倒立 Beginner Inversion (Kathy Yip)	10:00AM-11:00AM Silk (Newbie) (Vivian Yau)	10:00AM-11:00AM 開髖瑜伽 Open Hip (Dorothy Lo)
11:10AM-12:10PM 瑜珈輪 Wheel Yoga (Jacqueline Ho)	11:00PM-12:00PM 後彎提昇 Back Bending (Josephine Chan)	12:00PM-13:00PM 瘦身瑜珈 Slim Yoga (Josephine Chan)	10:30AM-11:30PM 瑜珈輪 Wheel Yoga (Rachel Wu)	10:10AM-11:10AM 後彎提昇 Back Bending (Kathy Yip)	11:30AM-12:30PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)	11:10AM-12:10PM 初級空中瑜珈 Beginner Aerial Yoga (Dorothy Lo)
12:20PM-13:20PM 空中瑜珈 Aerial Yoga (Jacqueline Ho)	12:10PM-13:10PM 瑜珈輪 Wheel Yoga (Josephine Chan)	13:10PM-14:10PM 瑜珈輪 Wheel Yoga (Josephine Chan)	11:40AM-12:40PM 初級空中瑜珈 Beginner Aerial Yoga (Rachel Wu)	11:20AM-12:20PM 開髖瑜珈 Open Hip (Kathy Szeto)	12:40PM-13:40PM 空中吊環(旋轉) Aerial Hoop Spinning (Cathy Chan)	12:30PM-13:30PM 瑜珈輪 Wheel Yoga (Tracy Wong)
14:00PM-15:00PM 後彎提昇 Back Bending (Natalie Wong)	13:40PM-14:40PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)	14:20PM-15:20PM 哈達瑜珈 Hatha Yoga (Josephine Chan)	13:30PM-14:30PM 空中瑜珈 Aerial Yoga (Rachel Wu)	13:20PM-14:20PM 初級空中瑜珈 Beginner Aerial Yoga (Judith Wong)	14:00PM-15:00PM 初級空中瑜珈(旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)	13:50PM-14:50PM 初級空中瑜珈(旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)
15:10PM-16:10PM 開髖瑜珈 Open Hip Yoga (Natalie Wong)	14:50PM-16:20PM 自由練習堂 Practice Class	15:40PM-16:40PM 初級倒立 Beginner Inversion (Natalie Wong)	14:50PM-15:50PM 初級空中瑜珈(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	14:30PM-15:30PM 空中瑜珈 Aerial Yoga (Judith Wong)	15:10PM-16:10PM 空中瑜珈(旋轉) Aerial Yoga Spinning (Siu Yeung)	15:00PM-16:00PM 空中瑜珈(旋轉) Aerial Yoga Spinning (Siu Yeung)
16:20PM-17:20PM 瑜珈輪 Wheel Yoga (Natalie Wong)	16:30PM-17:30PM 深層拉筋 Deep Stretching (Kathy Szeto)	16:50PM-17:50PM 瑜珈輪 Wheel Yoga (Natalie Wong)	16:00PM-17:00PM 空中瑜珈(旋轉) Aerial Yoga Spinning (Rachel Wu)	16:50PM-17:50PM 初級空中瑜珈(旋轉) Beginner Aerial Yoga Spinning (Zoie Hui)	16:50PM-17:50PM 瑜珈輪 Wheel Yoga (Claire Tak)	16:20PM-17:20PM 初級空中瑜珈 Beginner Aerial Yoga (Claudia Tsang)
18:00PM-19:00PM 初級空中瑜珈 Beginner Aerial Yoga (Angel Lee)	18:00PM-19:00PM 初級空中瑜珈(旋轉) Beginner Aerial Yoga Spinning (Tina Wong)	18:00PM-19:00PM 後彎提昇 Back Bending (Natalie Wong)	18:00PM-19:00PM 瑜珈輪 Wheel Yoga (Tina Wong)	18:00PM-19:00PM 深層拉筋 Deep Stretching (Vivian Yau)	<ol style="list-style-type: none"> <li>1. 所有課堂四人成班。</li> <li>2. 會員可於系統預約14天內課堂。</li> <li>3. 所有已預約之課堂如需取消/改期，需於上堂前24小時自行到系統取消，否則照樣扣堂。</li> <li>4. 遲到多於15分鐘將不能進入課室，並會照扣堂。</li> <li>5. 所有課堂均扣一堂。</li> <li>6. 如因不成班被取消課堂，單館套票的會員可預約當天其他分館之課堂。</li> </ol>	
19:10PM-20:10PM 空中瑜珈 Aerial Yoga (Angel Lee)	19:10PM-20:10PM 空中瑜珈(旋轉) Aerial Yoga Spinning (Tina Wong)	19:30PM-20:30PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	19:10PM-20:10PM 初級空中瑜珈 Beginner Aerial Yoga (Tina Wong)	19:15PM-20:15PM Silk (All Level) (Vivian Yau)		
20:30PM-21:30PM 後彎提昇 Back Bending (Hana Po)	20:30PM-21:30PM 香薰瑜珈 Aroma Yoga (Claire Tak)	20:40PM-21:40PM BB班空中吊環(旋轉) BB Aerial Hoop Spinning (Cerene Chan)	20:30PM-21:30PM 後彎提昇 Back Bending (Zenia Au Yeung)			

## ANGELLEEYOGA 2021 / 12月課表 (Tsuen Wan)

星期一	星期二	星期三	星期四	星期五	星期六	星期日
10:00AM-11:00AM 後彎提昇 Back Bending (Natalie Wong)	10:30AM-11:30AM 瑜珈輪 Wheel Yoga (Casley Lee)			10:00AM-11:00AM 初級空中瑜珈 Beginner Aerial Yoga (Kathleen Chan)	10:00AM-11:00AM 深層拉筋 Deep Stretching (Mki Ng)	10:00AM-11:00AM 瑜珈輪 Wheel Yoga (Nicole Leung)
11:10AM-12:10AM 瑜珈輪 Wheel Yoga (Natalie Wong)	11:50AM-12:50PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Cerene Chan)	11:00AM-12:00PM 初級空中瑜珈 (旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	10:30AM-11:30AM 哈達瑜珈 Hatha Yoga (Yoyo Ngan)	11:10PM-12:10PM 瑜珈輪 Wheel Yoga (Kathleen Chan)	11:10AM-12:10PM 初級空中瑜珈 Beginner Aerial Yoga (Mki Ng)	11:10AM-12:10PM 初級空中瑜珈 Beginner Aerial Yoga (Nicole Leung)
12:30AM-13:30PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Zoie Hui)	13:10PM-14:40PM 自由練習堂 Practice Class	12:10PM-13:10PM 空中瑜珈 (旋轉) Aerial Yoga Spinning (Rachel Wu)	11:40PM-12:40PM 初級空中瑜珈 Beginner Aerial Yoga (Yoyo Ngan)	12:30PM-13:30PM 初級空中瑜珈 (旋轉) Beginner Aerial Yoga Spinning (Dorothy Law)	12:30PM-13:30PM 瘦身瑜珈 Slim Yoga (Bear Kung)	12:20PM-13:20PM 開體瑜珈 Open Hip (Nicole Leung)
14:20PM-15:20PM 深層拉筋 Deep Stretching (Candee Wong)	15:20PM-16:20PM 開體瑜珈 Open Hip (Natalie Wong)	15:20PM-16:20PM 初級空中瑜珈 Beginner Aerial Yoga (Jacqueline Ho)	13:30PM-14:30PM 初級空中瑜珈 (旋轉) Beginner Aerial Yoga Spinning (Dorothy Law)	15:00PM-16:00PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)	13:40PM-14:40PM 瑜珈輪 Wheel Yoga (Bear Kung)	14:00PM-15:00PM 初級空中瑜珈 Beginner Aerial Yoga (Dorothy Lo)
15:30PM-16:30PM 初級空中瑜珈 Beginner Aerial Yoga (Candee Wong)	16:30PM-17:30PM 後彎提昇 Back Bending (Natalie Wong)	16:30PM-17:30PM 瑜珈輪 Wheel Yoga (Jacqueline Ho)	15:50PM-16:50PM 空中瑜珈 Aerial Yoga (June Ko)	16:20PM-17:20PM 開體瑜珈 Open Hip (Elka Ho)	15:00PM-16:00PM Silk (Newbie) (Vivian Yau)	15:10PM-16:10PM 深層拉筋 Deep Stretching (Dotothy Lo)
17:20PM-18:20PM 開體瑜珈 Open Hip (Sherry Mak)	17:40PM-18:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)	18:00PM-19:00PM 初級空中瑜珈 Beginner Aerial Yoga (Yoyo Ngan)	17:00PM-18:00PM 瑜珈輪 Wheel Yoga (June Ko)	17:30PM-18:30PM 後彎提昇 Back Bending (Elka Ho)	16:20PM-17:20PM 初級空中瑜珈 (旋轉) Beginner Aerial Yoga Spinning (Emily Leung)	16:20PM-17:20PM 瑜珈輪 Wheel Yoga (Toe Kwok)
18:30PM-19:30PM 香薰瑜珈 Aroma Yoga (Sherry Mak)	19:00PM-20:00PM 空中瑜珈 Aerial Yoga (Angel Lee)	19:10PM-20:10PM 哈達瑜珈 Hatha Yoga (Yoyo Ngan)	18:30PM-19:30PM 初級空中瑜珈 Beginner Aerial Yoga (Yoyo Ngan)	18:40PM-19:40PM 深層拉筋 Deep Stretching (Jessica Kwan)	<ol style="list-style-type: none"> <li>1. 所有課堂四人成班。</li> <li>2. 會員可於系統預約 14天內課堂。</li> <li>3. 所有已預約之課堂如需取消 / 改期，需於上堂前 24小時自行到系統取消，否則照樣扣堂。</li> <li>4. 遲到多於 15分鐘將不能進入課室，並會照扣堂。</li> <li>5. 所有課堂均扣一堂。</li> <li>6. 如因不成班被取消課堂，單館套票的會員可預約當天其他分館之課堂。</li> </ol>	
19:40PM-20:40PM 瑜珈輪 Wheel Yoga (Sherry Mak)	20:10PM-21:10PM 初級空中瑜珈 Beginner Aerial Yoga (Angel Lee)	20:20PM-21:20PM 後彎提昇 Back Bending (Yoyo Ngan)	19:40PM-20:40PM 後彎提昇 Back Bending (Yoyo Ngan)	19:50PM-20:50PM 初級空中瑜珈 Beginner Aerial Yoga (Jessica Kwan)		