

# ANGELLEUYOGA 2022 / 1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)	10:00AM-11:00PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)	10:00AM-11:00AM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)
	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)	11:10PM-12:10PM 初級空中瑜伽(旋轉) BeginnerAerial Yoga Spinning (Rachel Wu)	11:10PM-12:10PM BB班空中吊環 (旋轉) Abs Aerial Hoop Spinning (Cathy Chan)
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)	12:20PM-13:20PM 後彎提昇 Back Bending (Rachel Wu)	12:30PM-13:30PM 初級倒立 Beginner Inversion (Jo Cheung)
13:40PM-14:40PM 開髖瑜珈 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)	13:40PM-14:40PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Kristy Chan)	14:00PM-15:00PM 初級空中瑜伽(旋轉) BeginnerAerial Yoga Spinning (Siu Yeung)
14:50PM-15:50PM 後彎提昇 Back Bending (Denise Yeung)	15:10PM-16:10PM 開髖瑜珈 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)	15:00PM-16:00PM 初級空中瑜伽 BeginnerAerial Yoga (Rachel Wu)	15:10PM-16:10PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Siu Yeung)
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)	16:40PM-17:40PM 深層拉筋 Deep Stretching (Kathleen Chan)	16:10PM-17:10PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)	16:10PM-17:10PM 空中瑜伽 Aerial Yoga (Rachel Wu)	16:40PM-17:40PM 初級空中瑜伽 BeginnerAerial Yoga (Suki Chan)
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)	17:50PM-18:50PM 空中瑜伽 Aerial Yoga (Kathleen Chan)	18:30PM-19:30PM 初級空中瑜伽(旋轉) BeginnerAerial Yoga Spinning (Rachel Wu)	以下日子本中心因活動而有更改, 請會員留意:  <b>22, 23, 29, 30/1 - KT Room1</b> 0800-1600 空中吊環30小時導師培訓課程 1615-1815 Aerial Straps 10Hours Workshop  不便之處, 敬請見諒 * 單館套票的會員可預約當天其他分館之課堂	
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)	19:40PM-20:40PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)		
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 深層拉筋 Deep Stretching (Yanes Ng)	21:00PM-22:00PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)		

所有課堂四人成班;

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;

遲到多於15分鐘將不能進入課室, 並會照扣堂

## ANGELLEEYOGA 2022 / 1 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
12:00PM-13:00PM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)	12:00PM-13:00PM 高溫瑜伽 Hot Yoga (Ariel Tiu)	11:30PM-12:30PM 瑜珈輪 Wheel Yoga (Yanes Ng)	12:30PM-13:30PM 瑜珈輪 Wheel Yoga (Cyan Chan)	11:40AM-12:40PM 深層拉筋 Deep Stretching (Cyan Chan)	10:00AM-11:00AM 瘦身瑜珈 Slim Yoga (Josephine Chan)	11:00AM-12:00AM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)
13:10PM-14:40PM 自由練習堂 Practice Class	13:10PM-14:10PM 開髖瑜珈 Open Hip Yoga (Ariel Tiu)	12:40PM-13:40PM 初級空中瑜伽 Beginner Aerial Yoga (Yanes Ng)	13:40PM-14:40PM 瘦身瑜珈 Slim Yoga (Cyan Chan)	13:00AM-14:00PM 香薰瑜珈 Aroma Yoga (Ariel Tiu)	11:10AM-12:10PM 香薰瑜珈 Aroma Yoga (Josephine Chan)	12:10PM-13:10PM 後彎提昇 Back Bending (June Ko)
14:50PM-15:50PM 瑜珈輪 Wheel Yoga (Claire Tak)	14:30PM-15:30PM 深層拉筋 Deep Stretching (Kathy Szeto)	13:50PM-15:20PM 自由練習堂 Practice Class	14:50PM-16:20PM 自由練習堂 Practice Class	14:10PM-15:10PM 後彎提昇 Back Bending (Ariel Tiu)	12:20PM-13:20PM 瑜珈輪 Wheel Yoga (Josephine Chan)	13:30PM-14:30PM 瑜珈輪 Wheel Yoga (Jo Cheung)
16:10PM-17:10PM 初級空中瑜伽 Beginner Aerial Yoga (Suki Chan)	16:10PM-17:10PM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)	15:30PM-16:30PM 深層拉筋 Deep Stretching (Kathleen Chan)	16:20PM-17:20PM 瑜珈輪 Wheel Yoga (Chealun)	15:20PM-16:50PM 自由練習堂 Practice Class	13:40PM-14:40PM 初級空中瑜伽 Beginner Aerial Yoga (Demi Fung)	14:50PM-15:50PM 深層拉筋 Deep Stretching (Kathy Szeto)
17:20PM-18:20PM 深層拉筋 Deep Stretching (Suki Chan)	17:30PM-18:30PM 流瑜珈 Vinyasa Yoga (Giselle Lock)	16:40PM-17:40PM 高溫瑜珈 Hot Yoga (Kathleen Chan)	17:30PM-18:30PM 深層拉筋 Deep Stretching (Chealun)	17:00PM-18:00PM 開髖瑜珈 Open Hip Yoga (Kathleen Chan)	15:00PM-16:00PM 高溫瑜珈 Hot Yoga (Miffy Wong)	16:10PM-17:10PM 初級空中瑜伽 Beginner Aerial Yoga (Alice Law)
18:40PM-19:40PM 高溫瑜珈 Hot Yoga (Ariel Tiu)	18:50PM-19:50PM 初級空中瑜伽 Beginner Aerial Yoga (Nicole Leung)	18:40PM-19:40PM 初級空中瑜伽 Beginner Aerial Yoga (Sandy Choi)	18:50PM-19:50PM 初級空中瑜伽 Beginner Aerial Yoga (Dorothy Lo)	18:10PM-19:10PM 高溫瑜珈 Hot Yoga (Kathleen Chan)	16:20PM-17:20PM 深層拉筋 Deep Stretching (Denise Yeung)	17:20PM-18:20PM 空中瑜伽 Aerial Yoga (Alice Law)
20:00PM-21:00PM 瑜珈輪 Wheel Yoga (Ariel Tiu)	20:00PM-21:00PM 瑜珈輪 Wheel Yoga (Nicole Leung)	19:50PM-20:50PM 香薰瑜珈 Aroma Yoga (Sandy Choi)	20:00PM-21:00PM 高溫瑜珈 Hot Yoga (Dorothy Lo)	19:30PM-20:30PM 瑜珈輪 Wheel Yoga (Hana Po)		

所有課堂四人成班； 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； 遲到多於15分鐘將不能進入課室，並會照扣堂

## ANGELLEEYOGA 2022 / 1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)			10:30AM-11:30PM 瑜珈輪 Wheel Yoga (Rachel Wu)	09:30AM-10:30AM 初級倒立 Beginner Inversion (Kathy Yip)	10:00AM-11:00AM Silk (Newbie) (Vivian Yau)	10:00AM-11:00AM 瑜珈輪 Wheel Yoga (Dorothy Lo)
11:10AM-12:10PM 瑜珈輪 Wheel Yoga (Jacqueline Ho)	11:00PM-12:00PM 流瑜珈 Vinyasa Yoga (Angel Lee)	13:00PM-14:00PM 瑜珈輪 Wheel Yoga (Josephine Chan)	11:40AM-12:40PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	10:40AM-11:40AM 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 初級空中瑜伽 Beginner Aerial Yoga (Dorothy Lo)
12:20PM-13:20PM 空中瑜伽 Aerial Yoga (Jacqueline Ho)	12:10PM-13:10PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	14:10PM-15:10PM 香蕉瑜珈 Aroma Yoga (Josephine Chan)	13:30PM-14:30PM 空中瑜伽 Aerial Yoga (Rachel Wu)	11:50AM-12:50PM 開髖瑜珈 Open Hip (Kathy Yip)	12:40PM-13:40PM 空中吊環(旋轉) Aerial Hoop Spinning (Cathy Chan)	12:30PM-13:30PM 深層拉筋 Deep Stretching (Kathy Szeto)
14:00PM-15:00PM 後彎提昇 Back Bending (Natalie Wong)	13:30PM-14:30PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)	15:40PM-16:40PM 初級倒立 Beginner Inversion (Natalie Wong)	14:50PM-15:50PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	13:20PM-14:20PM 初級空中瑜伽 Beginner Aerial Yoga (Judith Wong)	14:00PM-15:00PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)	13:40PM-14:40PM 空中瑜伽 Aerial Yoga (Claudia Tsang)
15:10PM-16:10PM 開髖瑜珈 Open Hip Yoga (Natalie Wong)	15:00 PM-16:30PM 自由練習堂 Practice Class	16:50PM-17:50PM 瑜珈輪 Wheel Yoga (Natalie Wong)	16:00PM-17:00PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)	14:30PM-15:30PM 空中瑜伽 Aerial Yoga (Judith Wong)	15:10PM-16:10PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Siu Yeung)	15:00PM-16:00PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Tiffany Ng)
16:20PM-17:20PM 瑜珈輪 Wheel Yoga (Natalie Wong)	16:50PM-17:50PM 後彎提昇 Back Bending (Jacqueline Ho)	18:00PM-19:00PM 後彎提昇 Back Bending (Natalie Wong)	18:00PM-19:00PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Miki Ng)	16:50PM-17:50PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Zoie Hui)	16:50PM-17:50PM 深層拉筋 Deep Stretching (Claire Tak)	16:40PM-17:40PM 頌钵瑜珈 Singing bowl (Elka Ho)
18:00PM-19:00PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	18:00PM-19:00PM 空中瑜伽 Aerial Yoga (Jacqueline Ho)	19:30PM-20:30PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	19:20PM-20:20PM 後彎提昇 Back Bending (Miki Ng)	18:00PM-19:00PM 深層拉筋 Deep Stretching (Vivian Yau)		
19:10PM-20:10PM 空中瑜伽 Aerial Yoga (Angel Lee)	19:20PM-20:20PM 瑜珈輪 Wheel 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 初級空中瑜伽 Beginner Aerial Yoga (Miki Ng)	19:15PM-20:15PM Silk (All Level) (Vivian Yau)		

所有課堂四人成班;

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;

遲到多於15分鐘將不能進入課室, 並會照扣堂

## ANGELLEEYOGA 2022 / 1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
	10:00PM-11:00PM 頤林瑜珈 Singing bowl (Josephine Chan)	10:30AM-11:30PM 初級倒立 Beginner Inversion (Natalie Wong)			10:30AM-11:30PM 初級空中瑜珈 Beginner Aerial Yoga (Sally Li)	10:30AM-11:30PM 初級空中瑜珈 Beginner Aerial Yoga (Siu Yeung)
11:20AM-12:20AM 高溫瑜珈 Hot Yoga (Josephine Chan)	11:10PM-12:10PM 深層拉筋 Deep Stretching (Josephine Chan)	11:40AM-12:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)		11:50AM-12:50PM 初級空中瑜珈 Beginner Aerial Yoga (Yoyo Ngan)	11:40AM-12:40PM 空中瑜珈 Aerial Yoga (Sally Li)	11:40AM-12:40PM 空中瑜珈 Aerial Yoga (Siu Yeung)
12:30PM-13:30PM 瑜珈輪 Wheel Yoga (Josephine Chan)	12:30AM-14:00PM 自由練習堂 Practice Class	12:50PM-13:50PM 後彎提昇 Back Bending (Natalie Wong)	12:30PM-13:30PM 初級空中瑜珈 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)	13:00PM-14:00PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Tiffany Ng)
14:20PM-15:20PM 初級空中瑜珈 Beginner Aerial Yoga (Casley Lee)	14:20PM-15:20PM 初級空中瑜珈 Beginner Aerial Yoga (Rachel Wu)	14:30PM-15:30PM 初級空中瑜珈 Beginner Aerial Yoga (Rachel Wu)	14:20PM-15:20PM 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)	14:20PM-15:20PM 瑜珈輪 Wheel Yoga (Kathleen Chan)
15:30PM-16:30PM 瑜珈輪 Wheel Yoga (Casley Lee)	15:30PM-16:30PM 空中瑜珈 Aerial Yoga (Rachel Wu)	15:40PM-16:40PM 空中瑜珈 Aerial Yoga (Rachel Wu)	15:30PM-16:30PM 脊柱保健瑜珈 Back Care Yoga (Noriko Lin)	15:30PM-16:30PM 瑜珈輪 Wheel Yoga (Cyan Chan)	15:30PM-16:30PM 香薰瑜珈 Aroma Yoga (Miki Ng)	15:40PM-16:40PM 初級空中瑜珈 Beginner Aerial Yoga (Ariel Tiu)
17:00PM-18:30PM 自由練習堂 Practice Class	18:00PM-19:00PM BB班空中吊環(旋轉) BB Aerial Hoop Spinning (Cerene Chan)	17:00PM-18:30PM 自由練習堂 Practice Class	16:50AM-17:50PM 初級手平衡 Arm Balance (Yeliz Wong)	16:50PM-17:50PM 初級空中瑜珈 Beginner Aerial Yoga (Be Li)	16:50PM-17:50PM 初級空中瑜珈 Beginner Aerial Yoga (Demi Fung)	16:50PM-17:50PM 高溫瑜珈 Hot Yoga (Ariel Tiu)
19:00PM-20:00PM 初級空中瑜珈 Beginner Aerial Yoga (Suyi Chan)	19:20PM-20:20PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	19:00PM-20:00PM 瑜珈輪 Wheel Yoga (Josephine Chan)	18:00PM-19:00PM 初級空中瑜珈 Beginner Aerial Yoga (Yeliz Wong)	18:00PM-19:00PM 空中瑜珈 Aerial Yoga (Be Li)		
20:10PM-21:10PM 後彎提昇 Back Bending (Suyi Chan)	20:30PM-21:30PM 初級空中瑜珈 Beginner Aerial Yoga (Yeliz Wong)	20:10PM-21:10PM 高溫瑜珈 Hot Yoga (Josephine Chan)	19:20PM-20:20PM 深層拉筋 Deep Stretching (Chealun)	19:30PM-20:30PM 後彎提昇 Back Bending (Judith Wong)		

所有課堂四人成班;

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;

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## ANGELLEEYOGA 2022 / 1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
11:00PM-12:00PM 流瑜伽 Vinyasa Yoga (Casley Lee)	10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)	11:40PM-12:40PM 流瑜伽 Vinyasa Yoga (Angel Lee)		11:00AM-12:00PM 空中瑜伽 Aerial 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)
12:20PM-13:20PM 初級空中瑜伽 Beginner Aerial Yoga (Suki Chan)	11:20AM-12:10PM 空中瑜伽 Aerial Yoga (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 (Zoie Hui)	12:30PM-13:30PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Zoie Hui)	11:10AM-12:10PM 瑜伽輪 Wheel Yoga (Jacqueline Ho)	11:10AM-12:10AM 空中瑜伽 Aerial Yoga (Alice Law)
14:00PM-15:00PM 瑜伽輪 Wheel Yoga (Karen Tsao)	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)	13:40PM-14:40PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Zoie Hui)	12:20PM-13:20PM 初級倒立 Beginner Inversion (Jacqueline Ho)	12:30AM-13:30PM 香薰瑜伽 Aroma Yoga (Hana Po)
15:10PM-16:10PM 初級空中瑜伽 Beginner Aerial Yoga (Karen Tsao)	16:00PM-17:00PM 初級空中瑜伽 Beginner Aerial Yoga (Judith Wong)	15:20PM-16:50PM 自由練習堂 Practice Class	16:10PM-17:10PM 瑜伽輪 Wheel Yoga (Jacqueline Ho)	15:10PM-16:40PM 自由練習堂 Practice Class	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)
16:20PM-17:50PM 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 開髖瑜伽 Open Hip (June Ko)	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)
18:00PM-19:00PM 哈達瑜伽 Hatha 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)	16:20PM-17:20PM 深層拉筋 Deep Stretching (Suki Chan)	16:30PM-17:30PM Silk (All level) (Oak)
19:10PM-20:10PM 空中瑜伽 Aerial Yoga (Judith Wong)	20:20PM-21:20PM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)	20:20PM-21:20PM 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)	-以下日子本中心因活動而有更改, 請會員留意: -1, 8, 15/1 - SM 1615-1815 - Aerial Straps 10Hours Workshop -不便之處, 敬請見諒 *單館套票的會員可預約當天其他分館之課堂	

所有課堂四人成班;

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;

遲到多於15分鐘將不能進入課室, 並會照扣堂

## ANGELLEEYOGA 2022 / 1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
11:00PM-12:00PM 私人班 Private Class	10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	10:30AM-11:30AM 初級空中瑜伽 Beginner Aerial Yoga (Jacqueline Ho)	12:10PM-13:10PM 初級空中吊環 Beginner Aerial Hoop (Siimi Cheung)	11:00PM-12:00PM 私人班 Private Class	10:00AM-11:00AM 深層拉筋 Deep Stretching (Toe Kwok)	09:50AM-10:50AM 開體瑜伽 Open Hip (Suyi Chan)
12:20AM-13:20PM 深層拉筋 Deep Stretching (Amanda Ma)	11:10AM-12:10PM 空中瑜伽 Aerial Yoga (Rachel Wu)	11:40AM-12:40PM 瑜伽輪 Wheel Yoga (Jacqueline Ho)	13:30PM-14:30PM 初級空中瑜伽 Beginner Aerial Yoga (Suki Chan)	12:40PM-13:40PM 後彎提昇 Back Bending (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)
13:30PM-15:00PM 自由練習堂 Practice Class	12:20PM-13:20PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	13:00PM-14:00PM 私人班 Private Class	14:40PM-15:40PM 深層拉筋 Deep Stretching (Suki Chan)	13:50PM-14:50PM 初級空中瑜伽 Beginner Aerial Yoga (Zenia Au Yeung)	12:20PM-13:20PM 初級空中瑜伽 Beginner Aerial Yoga (Alice Law)	12:10PM-13:10PM 初級空中瑜伽 Beginner Aerial Yoga (Suyi Chan)
15:40PM-16:40PM 瑜伽輪 Wheel Yoga (Yeliz Wong)	15:00PM-16:00PM 瑜伽輪 Wheel Yoga (Karen Tsao)	14:30AM-15:30PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Zoie Hui)	16:10PM-17:10PM 初級倒立 Beginner Inversion (Natalie Wong)	15:20PM-16:20PM 深層拉筋 Deep Stretching (Chealun)	13:50PM-14:50PM 瑜伽輪 Wheel Yoga (Natalie Wong)	14:10PM-15:10PM 瑜伽輪 Wheel Yoga (Yeliz Wong)
16:50PM-17:50PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz Wong)	16:10PM-17:10PM 深層拉筋 Deep Stretching (Karen Tsao)	15:50PM-16:50PM 初級空中瑜伽 Beginner Aerial Yoga (Zoie Hui)	17:20PM-18:20PM 後彎提昇 Back Bending (Natalie Wong)	16:30PM-17:30PM 瘦身瑜伽 Slim Yoga (Chealun)	15:00PM-16:00PM 後彎提昇 Back Bending (Natalie Wong)	15:20PM-16:20PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz Wong)
18:40PM-19:40PM 後彎提昇 Back Bending (Natalie Wong)	17:30PM-18:30PM 空中瑜伽 Aerial Yoga (Rachel Wu)	18:00PM-19:00PM 瑜伽輪 Wheel Yoga (Yeliz Wong)	18:30PM-19:30PM 瑜伽輪 Wheel Yoga (Natalie Wong)	17:50PM-18:50PM 高溫瑜伽 Hot Yoga (Bear Kung)	16:30PM-17:30PM 初級空中瑜伽 Beginner Aerial Yoga (Bear Kung)	16:30PM-17:30PM 空中瑜伽 Aerial Yoga (Yeliz Wong)
19:50PM-20:50PM 初級倒立 Beginner Inversion (Natalie Wong)	18:40PM-19:40PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	19:10PM-20:10PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz Wong)	19:40PM-20:40PM 開體瑜伽 Open Hip (Suyi Chan)	19:00PM-20:00PM 空中瑜伽 Aerial Yoga (Angel Lee)		
21:00PM-22:00PM 瑜伽輪 Wheel Yoga (Natalie Wong)	19:50PM-20:50PM 瑜伽輪 Wheel Yoga (Rachel Wu)	20:20PM-21:20PM 後彎提昇 Back Bending (Yeliz Wong)	20:50PM-21:50PM 空中瑜伽 Aerial Yoga (Suyi Chan)	20:20PM-21:20PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)		

所有課堂四人成班;

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;

遲到多於15分鐘將不能進入課室, 並會照扣堂

## ANGELLEEYOGA 2022 / 1 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)	11:50AM-12:50PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Cerene Chan)	11:00AM-12:00PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	11:00AM-12:00PM 開體瑜伽 Open Hip (Bear Kung)	10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Kathleen Chan)	10:00AM-11:00AM 深層拉筋 Deep Stretching (Miki Ng)	10:00AM-11:00AM 開體瑜伽 Open Hip (Nicole Leung)
11:10AM-12:10AM 瑜珈輪 Wheel Yoga (Natalie Wong)	13:10PM-14:40PM 自由練習堂 Practice Class	12:10PM-13:10PM 空中瑜伽 (旋轉) Aerial Yoga Spinning (Rachel Wu)	12:10PM-13:10PM 初級空中瑜伽 Beginner Aerial Yoga (Bear Kung)	11:10PM-12:10PM 深層拉筋 Deep Stretching (Kathleen Chan)	11:10AM-12:10PM 初級空中瑜伽 Beginner Aerial Yoga (Miki Ng)	11:10AM-12:10PM 初級空中瑜伽 Beginner Aerial Yoga (Nicole Leung)
13:10AM-14:10PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Zoie Hui)	15:20PM-16:20PM 開體瑜伽 Open Hip (Natalie Wong)	15:20PM-16:20PM 哈達瑜伽 Hatha Yoga (Jacqueline Ho)	14:10PM-15:40PM 自由練習堂 Practice Class	12:30PM-13:30PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Dorothy Law)	12:30PM-13:30PM 流瑜伽 Vinyasa Yoga (Angel Lee)	12:20PM-13:20PM 瑜珈輪 Wheel Yoga (Nicole Leung)
14:30PM-15:30PM 初級空中瑜伽 Beginner Aerial Yoga (Zoie Hui)	16:30PM-17:30PM 後彎提昇 Back Bending (Natalie Wong)	16:30PM-17:30PM 空中瑜伽 Aerial Yoga (Jacqueline Ho)	15:50PM-16:50PM 空中瑜伽 Aerial Yoga (June Ko)	15:00PM-16:00PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Candee Wong)	13:40PM-14:40PM 空中瑜伽 Aerial Yoga (Angel Lee)	14:00PM-15:00PM 初級空中瑜伽 Beginner Aerial Yoga (Dorothy Lo)
16:00PM-17:30PM 自由練習堂 Practice Class	17:40PM-18:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)	18:00PM-19:00PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	17:00PM-18:00PM 瑜珈輪 Wheel Yoga (June Ko)	16:30PM-18:00PM 自由練習堂 Practice Class	15:00PM-16:00PM Silk (Newbie) (Vivian Yau)	15:10PM-16:10PM 瘦身瑜珈 Slim Yoga (Dorothy Lo)
18:00PM-19:00PM 瑜珈輪 Wheel Yoga (Clarie Tak)	19:00PM-20:00PM 空中瑜伽 Aerial Yoga (Angel Lee)	19:10PM-20:10PM 哈達瑜伽 Hatha Yoga (Yoyo Ngan)	18:30PM-19:30PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	18:40PM-19:40PM 深層拉筋 Deep Stretching (Jessica Kwan)	16:20PM-17:20PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Emily Leung)	17:00PM-18:00PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Tiffany Ng)
19:10PM-20:10PM 初級空中瑜伽 Beginner Aerial Yoga (Sally Li)	20:10PM-21:10PM 初級空中瑜伽 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 初級空中瑜伽 Beginner Aerial Yoga (Jessica Kwan)		

所有課堂四人成班； 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； 遲到多於15分鐘將不能進入課室，並會照扣堂