

## ANGELLEEYOGA 2021/ 10月課表 (Shek Mun)

星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY	星期六 SATURDAY	星期日 SUNDAY
	10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)	10:00AM-11:00AM 瑜珈輪 Wheel Yoga (Vicky Fong)		08:00PM-09:00PM 瑜珈輪 Wheel Yoga (Joann Suen)	10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	10:00AM-11:00AM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Tiffany Ng)
	11:10AM-12:10PM 空中瑜伽 Aerial Yoga (June Ko)	11:10AM-12:10PM 開髖瑜伽 Open Hip (Vicky Fong)	12:00PM-13:00PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)		11:10AM-12:10AM 瑜珈輪 Wheel Yoga (Toe Kwok)	11:20AM-12:20PM 初級空中瑜伽 Beginner Aerial Yoga (Demi Fung)
	12:20PM-13:50PM 自由練習堂 Practice Class	12:30PM-14:00PM 自由練習堂 Practice Class	13:10PM-14:10PM BB班空中吊環 (旋轉) Abs Aerial Hoop Spinning (Cathy Chan)		12:20PM-13:20PM 深層拉筋 Deep Stretching (Toe Kwok)	12:30PM-13:30PM 空中瑜伽 Aerial Yoga (Demi Fung)
15:40PM-16:40PM 初級空中瑜伽 Beginner Aerial Yoga (Sally Li)	14:00PM-15:00PM 初級倒立 Beginner Inversion (Denise Yeung)	14:30PM-15:30PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	15:20PM-16:20PM 初級空中瑜伽 Beginner Aerial Yoga (Jacqueline Ho)	15:30PM-16:30PM 初級空中瑜伽 Beginner Aerial Yoga (Yoki Lee)	13:40PM-14:40PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Zoie Hui)	13:50PM-14:50PM 瑜珈輪 Wheel Yoga (Vicky Fong)
17:00PM-18:00PM 香薰瑜珈 Aroma Yoga (Vicky Fong)	15:10PM-16:10PM 初級手平衡 Beginner Arm Balanced (Denise Yeung)	16:00PM-17:00PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	16:30AM-17:30AM 瑜珈輪 Wheel Yoga (Jacqueline Ho)	16:40PM-17:40PM 瘦身瑜珈 Slim Yoga (Yoki Lee)	15:00PM-16:00PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Zoie Hui)	15:00PM-16:00PM 深層拉筋 Deep Stretching (Vicky Fong)
18:10PM-19:10PM 瑜珈輪 Wheel Yoga (Vicky Fong)	16:40PM-17:40PM 後彎提昇 Back Bending (Toe Kwok)	17:10PM-18:10PM BB班空中吊環 (旋轉) Abs Aerial Hoop Spinning (Cerene Chan)	18:00PM-19:00PM 瘦身瑜珈 Slim Yoga (Vicky Fong)	18:00AM-19:00PM 開髖瑜珈 Open Hip (June Ko)	16:20PM-17:20PM **Beginner Silk** (Vivian Yau)	16:20PM-17:20PM 初級空中瑜伽 Beginner Aerial Yoga (Sally Li)
19:30PM-20:30PM 初級空中瑜伽 Beginner Aerial Yoga (Yanes Ng)	17:50PM-18:50PM 深層拉筋 Deep Stretching (Toe Kwok)	18:30PM-19:30PM 初級空中瑜伽 Beginner Aerial Yoga (Esther Lau)	19:10PM-20:10PM 瑜珈輪 Wheel Yoga (Vicky Fong)	19:10PM-20:10PM 後彎提昇 Back Bending (June Ko)		17:30PM-18:30PM 空中瑜伽 Aerial Yoga (Sally Li)
20:40PM-21:40PM 深層拉筋 Deep Stretching (Yanes Ng)	19:10PM-20:10PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Candee Wong)	19:40PM-20:40PM 空中瑜伽 Aerial Yoga (Esther Lau)	20:20PM-21:20PM 深層拉筋 Deep Stretching (Vicky Fong)	20:20PM-21:20PM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)		
	20:30AM-21:30PM 初級空中瑜伽 Beginner Aerial Yoga (Sally Li)	20:50PM-21:50PM 瑜珈輪 Wheel Yoga (Vicky Fong)				

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；Silk 需要扣兩堂；遲到多於15分鐘將不能進入課室，並會照扣堂。

## ANGELLEERYOGA 2021/ 10月課表 (TST)

星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY	星期六 SATURDAY	星期日 SUNDAY
	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)	11:30PM-12:30PM 瑜珈輪 Wheel Yoga (Tina Wong)		10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Siu Yeung)	09:30AM-10:30AM 開體瑜珈 Open Hip (Suyi Chan)
	11:10AM-12:10PM 空中瑜伽 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 (Tina Wong)	12:30PM-13:30PM 空中瑜伽 Aerial Yoga (Wincie Li)	11:10AM-12:10PM 空中拉筋 Aerial Stretching (Siu Yeung)	10:40AM-11:40AM 後彎提昇 Back Bending (Suyi Chan)
12:50PM-13:50PM 開體瑜珈 Open Hip (Toe Kwok)	12:30PM-13:30PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	13:30PM-14:30PM 哈達瑜珈 Hatha Yoga (Yoyo Ngan)	14:30PM-15:30PM 後彎提昇 Back Bending (Tina Wong)	13:40PM-14:40PM 初級空中瑜伽 Beginner Aerial Yoga (Wincie Li)	12:40PM-13:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)	11:50AM-12:50PM 初級空中瑜伽 Beginner Aerial Yoga (Suyi Chan)
14:00PM-15:00PM 後彎提昇 Back Bending (Toe Kwok)	15:00PM-16:00PM 瑜珈輪 Wheel Yoga (Karen Tsao)	14:40PM-15:40PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	15:40PM-16:40PM 初級手平衡 Beginner Arm Balance (Tina Wong)	15:00PM-16:00PM 深層拉筋 Deep Stretching (Vicky Fong)	13:50PM-14:50PM 初級倒立 Beginner Inversion (Natalie Wong)	13:10AM-14:10PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Tiffany Ng)
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)	16:00PM-17:00PM 初級倒立 Beginner Inversion (Yeliz Wong)	17:30PM-18:30PM 初級空中瑜伽 Beginner Aerial Yoga (Demi Fung)	16:10PM-17:10PM 哈達瑜珈 Hatha Yoga (Vicky Fong)	15:00PM-16:00PM 後彎提昇 Back Bending (Natalie Wong)	14:20AM-15:20PM 空中吊環(旋轉) Aerial Hoop Spinning (Tiffany Ng)
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)	17:10PM-18:10PM 空中瑜伽 Aerial Yoga (Yeliz Wong)	18:40PM-19:40PM 空中瑜伽 Aerial Yoga (Demi Fung)	17:20PM-18:20PM 瑜珈輪 Wheel Yoga (Vicky Fong)	16:10PM-17:10PM 初級手平衡 Beginner Arm Balance (Natalie Wong)	15:40PM-16:40PM 瑜珈輪 Wheel 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)	18:40PM-19:40PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	19:50PM-20:50PM 開體瑜珈 Open Hip (Suyi Chan)	19:00PM-20:00PM 空中瑜伽 Aerial Yoga (Angel Lee)		16:50PM-17:50PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz Wong)
19:50PM-20:50PM 初級倒立 Beginner Inversion (Natalie Wong)	19:50PM-20:50PM 瑜珈輪 Wheel Yoga (Rachel Wu)	19:50PM-20:50PM 後彎提昇 Back Bending (Yeliz Wong)	21:00PM-22:00PM 空中瑜伽 Aerial Yoga (Suyi Chan)	20:10PM-21:10PM 初級空中瑜伽 Beginner 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)	21:00PM-22:00PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz 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；Silk 需要扣兩堂；遲到多於15分鐘將不能進入課室，並會照扣堂。

## ANGELLEEYOGA 2021/ 10月課表 (KT Room 1)

星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY	星期六 SATURDAY	星期日 SUNDAY
08:00PM - 09:00PM 瑜珈輪 Wheel Yoga (Joann Suen)	11:20AM - 12:20PM 瑜珈輪 Wheel Yoga (Karen Tsao)			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(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	10:30AM - 11:30AM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)
	12:30PM - 13:30PM 初級空中瑜伽 Beginner Aerial Yoga (Karen Tsao)	12:20PM - 13:20PM BB班空中吊環 (旋轉) Abs Aerial Hoop Spinning (Cerene Chan)	12:30PM - 13:30PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)	11:10AM - 12:10PM 空中瑜伽 Aerial Yoga (Rachel Wu)	11:10AM - 12:10PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)	11:40PM - 12:40PM BB班空中吊環 (旋轉) Abs Aerial Hoop Spinning (Cathy Chan)
13:30PM - 14:30PM 哈達瑜珈 Hatha Yoga (Cyan Chan)	14:00PM - 15:00PM 後彎提昇 Back Bending (Jo Cheung)	13:30PM - 14:30PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	13:40PM - 14:40PM 空中瑜伽(旋轉) 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 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	12:50PM - 13:50PM 瑜珈輪 Wheel Yoga (Jo Cheung)
14:40PM - 15:40PM 瑜珈輪 Wheel Yoga (Cyan Chan)	15:10PM - 16:10PM 開體瑜珈 Open Hip Yoga (Jo Cheung)	14:50PM - 15:50PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Zoie Hui)	15:00PM - 16:00PM 後彎提昇 Back Bending (Kathy Yip)	13:40PM - 14:40PM BB班空中吊環 (旋轉) Abs Aerial Hoop Spinning (Cerene Chan)	13:40PM - 14:40PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Kristy Chan)	14:30PM - 15:30PM 初級空中吊環 (旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)
16:00PM - 17:00PM 初級空中瑜伽 Beginner Aerial Yoga (Summer Lo)	16:30PM - 18:00PM 自由練習堂 Practice Class	16:00PM - 17:00PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Zoie Hui)	16:10PM - 17:10PM 深層拉筋 Deep Stretching (Kathy Yip)	15:00PM - 16:00PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	15:00PM - 16:00PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	15:40PM - 16:40PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Siu Yeung)
17:10PM - 18:10PM 初級倒立 Beginner Inversion (Summer Lo)	18:30PM - 19:30PM 後彎提昇 Back Bending (Hayley Chan)	17:20PM - 18:20PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	17:20PM - 18:20PM 瑜珈輪 Wheel Yoga (Elka Ho)	16:10PM - 17:10PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)	16:10PM - 16:20PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)	16:50PM - 17:50PM 初級空中吊環 (旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)
18:30PM - 19:30PM 初級空中瑜伽 Beginner Aerial Yoga (Hayley Chan)	19:40PM - 20:40PM 初級空中瑜伽 Beginner Aerial Yoga (Hayley Chan)	18:30PM - 19:30PM 空中瑜伽 Aerial Yoga (Angel Lee)	18:40PM - 19:40PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)	18:40PM - 19:40PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Rachel Wu)	17:20PM - 18:20PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Rachel Wu)	
19:40PM - 20:40PM 空中瑜伽 Aerial Yoga (Hayley Chan)	20:50PM - 21:50PM 初級空中吊環 Beginner Aerial Hoop (Hayley Chan)	19:40PM - 20:40PM 瑜珈輪 Wheel Yoga (Nicole Leung)	19:50PM - 20:50PM 空中吊環 (旋轉) Aerial Hoop Spinning (Cathy Chan)	19:50PM - 20:50PM 空中吊環 (旋轉) Aerial Hoop Spinning (Rachel Wu)		
20:50PM - 21:50PM **Beginner Silk** (Hayley Chan)		20:50PM - 21:50PM 後彎提昇 Back Bending (Nicole Leung)		21:00PM - 22:00PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)		

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## ANGELLEEYOGA 2021/ 10月課表 (KT Room 2)

星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY	星期六 SATURDAY	星期日 SUNDAY
	11:30PM-12:30PM 瘦身瑜珈 Slim Yoga (Vicky Fong)			10:10AM-11:10AM 瑜珈輪 Wheel Yoga (Cyan Chan)	10:00AM-11:00PM 瘦身瑜珈 Slim Yoga (Josephine Chan)	11:00AM-12:00AM 初級空中瑜珈 Beginner Aerial Yoga (June Ko)
12:30PM-13:30PM 深層拉筋 Deep Stretching (Denise Yeung)	12:40PM-13:40PM 深層拉筋 Deep Stretching (Vicky Fong)	12:00PM-13:00PM 後彎提昇 Back Bending (Yanes Ng)	12:40PM-13:40PM 瑜珈輪 Wheel Yoga (Toe Kwok)	11:20AM-12:20PM 深層拉筋 Deep Stretching (Cyan Chan)	11:10AM-12:10PM 香薰瑜珈 Aroma Yoga (Josephine Chan)	12:10AM-13:10AM 空中瑜珈 Aerial Yoga (June Ko)
13:40PM-14:40PM 後彎提昇 Back Bending (Denise Yeung)	14:50PM-15:50PM 初級空中瑜珈 Beginner Aerial Yoga (June Ko)	13:10PM-14:10PM 瑜珈輪 Wheel Yoga (Yanes Ng)	13:50AM-14:50PM 瘦身瑜珈 Slim Yoga (Cyan Chan)	12:30PM-13:30PM 初級空中瑜珈 Beginner Aerial Yoga (Hayley Chan)	12:20PM-13:20PM 瑜珈輪 Wheel Yoga (Josephine Chan)	14:00PM-15:00PM 初級倒立 Beginner Inversion (Jo Cheung)
14:50PM-15:50PM 初級倒立 Beginner Inversion (Denise Yeung)	16:00PM-17:00PM 開體瑜珈 Open Hip Yoga (June Ko)	14:30PM-15:30PM 初級手平衡 Beginner Arm Balanced (Summer Lo)	15:00PM-16:00PM 初級空中瑜珈 Beginner Aerial Yoga (Cammie Yip)	13:50PM-14:50PM 開體瑜珈 Open Hip Yoga (Elka Ho)	13:30PM-14:30PM 初級空中瑜珈 Beginner Aerial Yoga (Demi Fung)	15:10PM-16:10PM 瑜珈輪 Wheel Yoga (Angela Ng)
17:00PM-18:00PM 空中瑜珈 Aerial Yoga (Ariel Tiu)	17:10PM-18:10PM 瑜珈輪 Wheel Yoga (June Ko)	15:40PM-16:40PM 初級空中瑜珈 Beginner Aerial Yoga (Summer Lo)	16:10PM-17:10PM 開體瑜珈 Open Hip Yoga (Cammie Yip)	15:00PM-16:00PM 哈達瑜珈 Hatha Yoga (Elka Ho)	14:40PM-15:40PM 空中瑜珈 Aerial Yoga (Demi Fung)	16:20PM-17:20PM 深層拉筋 Deep Stretching (Angela Ng)
18:20PM-19:20PM 瑜珈輪 Wheel Yoga (Ariel Tiu)	18:20PM-19:20PM 深層拉筋 Deep Stretching (June Ko)	16:50PM-17:50PM 哈達瑜珈 Hatha Yoga (Summer Lo)	17:20PM-18:20PM 後彎提昇 Back Bending (Cammie Yip)	16:10PM-17:10PM 初級倒立 Beginner Inversion (Natalie Wong)	15:50PM-16:50PM 深層拉筋 Deep Stretching (Denise Yeung)	17:30PM-18:30PM 瘦身瑜珈 Slim Yoga (Toe Kwok)
19:30PM-20:30PM 初級空中瑜珈 Beginner Aerial Yoga (Ariel Tiu)	19:30PM-20:30PM 初級空中瑜珈 Beginner Aerial Yoga (Nicole Leung)	18:40PM-19:40PM 初級空中瑜珈 Beginner Aerial Yoga (Sandy Choi)	18:30PM-19:30PM 初級空中瑜珈 Beginner Aerial Yoga (Rachel Wu)	17:20PM-18:20PM 後彎提昇 Back Bending (Natalie Wong)	17:00PM-18:00PM 後彎提昇 Back Bending (Denise Yeung)	
20:50PM-21:50PM 深層拉筋 Deep Stretching (Ariel Tiu)	20:40PM-21:40PM 瑜珈輪 Wheel Yoga (Nicole Leung)	19:50PM-20:50PM 香薰瑜珈 Aroma Yoga (Sandy Choi)	19:40PM-20:40PM 空中瑜珈 Aerial Yoga (Rachel Wu)	18:40PM-19:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)		
			20:50PM-21:50PM 初級空中瑜珈 Beginner Aerial Yoga (Rachel Wu)	19:50PM-20:50PM 初級倒立 Beginner Inversion (Natalie Wong)		

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## ANGELLEEYOGA 2021/ 10月課表 (TSUEN WAN)

星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY	星期六 SATURDAY	星期日 SUNDAY
10:00AM-11:00AM 後彎提昇 Back Bending (Natalie Wong)	10:30AM-11:30AM 瑜珈輪 Wheel Yoga (Tina Wong)	11:00AM-12:00PM 瑜珈輪 Wheel Yoga (Rachel Wu)	10:30AM-11:30AM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)		10:30AM-11:30AM 初級空中瑜伽 Beginner Aerial Yoga (Cathy Fu)	10:00AM-11:00AM 瑜珈輪 Wheel Yoga (Nicole Leung)
11:10AM-12:10AM 瑜珈輪 Wheel Yoga (Natalie Wong)	11:40AM-12:40PM 初級空中瑜伽 Beginner Aerial Yoga (Tina Wong)	12:10PM-13:10PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	11:40PM-12:40PM 後彎提昇 Back Bending (Yoyo Ngan)		11:40AM-12:40PM 空中瑜伽 Aerial Yoga (Cathy Fu)	11:10AM-12:10PM 初級空中瑜伽 Beginner Aerial Yoga (Nicole Leung)
12:30AM-13:30PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Zoie Hui)	13:30PM-14:30PM 哈達瑜珈 Hatha Yoga (Yoyo Ngan)	13:20PM-14:20PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	13:30PM-14:30PM 深層拉筋 Deep Stretching (Yanes Ng)	13:30PM-14:30PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Dorothy Law)	12:50PM-13:50PM 瑜珈輪 Wheel Yoga (Vicky Fong)	12:20PM-13:20PM 開髖瑜珈 Open Hip (Nicole Leung)
14:00PM-15:30PM 自由練習堂 Practice Class	14:40PM-15:40PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	14:40PM-15:40PM 空中瑜伽 Aerial Yoga (Rachel Wu)	14:40PM-15:40PM 初級倒立 Beginner Inversion (Yanes Ng)	15:10PM-16:10PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)	14:00PM-15:00PM 深層拉筋 Deep Stretching (Vicky Fong)	14:30PM-15:30PM 初級空中瑜伽 Beginner Aerial Yoga (Claudia Tsang)
16:00PM-17:00PM 深層拉筋 Deep Stretching (Bear Kung)	16:30PM-17:30PM 後彎提昇 Back Bending (Natalie Wong)	16:00PM-17:00PM 瘦身瑜珈 Slim Yoga (Hilary Cheung)	15:50PM-16:50PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	16:20PM-17:20PM 初級空中吊環 Beginner Aerial Hoop (Cathy Chan)	15:10PM-16:10PM BB班空中吊環 (旋轉) Abs Aerial Hoop Spinning (Cathy Chan)	15:40PM-16:40PM 空中瑜伽 Aerial Yoga (Claudia Tsang)
17:40PM-18:40PM 後彎提昇 Back Bending (Toe Kwok)	17:40PM-18:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)	17:10PM-18:10PM 深層拉筋 Deep Stretching (Hilary Cheung)	17:00PM-18:00PM 開髖瑜珈 Open Hip (Yeliz Wong)	18:30PM-19:30PM 深層拉筋 Deep Stretching (Jessica Kwan)	16:20PM-17:20PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)	16:50PM-17:50PM 初級空中瑜伽 Beginner Aerial Yoga (Claudia Tsang)
19:00PM-20:00PM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)	19:00PM-20:00PM 空中瑜伽 Aerial Yoga (Angel Lee)	18:30PM-19:30PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	18:10PM-19:10PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	19:50PM-20:50PM 初級空中瑜伽 Beginner Aerial Yoga (Jessica Kwan)		
20:10PM-21:10PM 哈達瑜珈 Hatha Yoga (June Ko)	20:10PM-21:10PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	19:40PM-20:40PM 哈達瑜珈 Hatha Yoga (Yoyo Ngan)	19:20PM-20:20PM 後彎提昇 Back Bending (Yoyo Ngan)			
		20:50PM-21:50PM 後彎提昇 Back Bending (Yoyo Ngan)	20:30PM-21:30PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)			

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## ANGELLEEYOGA 2021/ 10月課表 (MK)

星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY	星期六 SATURDAY	星期日 SUNDAY
		10:30AM-11:30PM 初級倒立 Beginner Inversion (Natalie Wong)			10:00AM-11:00PM 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)
	12:00PM-13:00PM 深層拉筋 Deep Strecthing (Ariel Tiu)	11:40PM-12:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)		12:00PM-13:00PM 瑜珈輪 Wheel Yoga (Natalie Wong)	11:10PM-12:10PM 空中瑜伽 Aerial Yoga (Sally Li)	11:40AM-12:40PM 空中瑜伽 Aerial Yoga (Siu Yeung)
14:20PM-15:20PM 初級空中瑜伽 Beginner Aerial Yoga (Casley Lee)	13:10PM-14:10PM 初級空中瑜伽 Beginner Aerial Yoga (Ariel Tiu)	12:50PM-13:50PM 後彎提昇 Back Bending (Natalie Wong)	13:00PM-14:00PM 初級空中瑜伽 Beginner Aerial Yoga (Bear Kung)	13:10PM-14:10PM 初級倒立 Beginner Inversion (Natalie Wong)	13:20PM-14:20PM 瑜珈輪 Wheel Yoga (Claire Tak)	12:50PM-13:50PM 香薰瑜珈 Aroma Yoga (Kathleen Chan)
15:30PM-16:30PM 瑜珈輪 Wheel Yoga (Casley Lee)	14:30PM-15:30PM 香薰瑜珈 Aroma Yoga (Tina Wong)	14:20PM-15:20PM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)	14:10PM-15:10PM 深層拉筋 Deep Strecthing (Bear Kung)	14:20PM-15:20PM 深層拉筋 Deep Strecthing (Cyan Chan)	14:30PM-15:30PM 瘦身瑜珈 Slim Yoga (Claire Tak)	14:00PM-15:00PM 瑜珈輪 Wheel Yoga (Yeliz Wong)
16:40PM -17:40PM 深層拉筋 Deep Stretching (Yetta Yuen)	15:40PM-16:40PM 空中瑜伽 Aerial Yoga (Tina Wong)	15:30PM-16:30PM 初級手平衡 Beginner Arm Balance (June Ko)	15:20PM-16:20PM 後彎提昇 Back Bending (Toe Kwok)	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)	15:20AM-16:20PM 初級空中瑜伽 Beginner Aerial Yoga (Emily Leung)
17:50PM-18:50PM 瘦身瑜珈 Slim Yoga (Yetta Yuen)	16:50PM-17:50PM 瑜珈輪 Wheel Yoga (Tina Wong)	16:50PM-17:50PM 香薰瑜珈 Aroma Yoga (Claire Tak)	16:30PM-17:30PM 瑜珈輪 Wheel Yoga (Toe Kwok)	16:50PM-17:50PM 初級空中瑜伽 Beginner Aerial Yoga (Be Li)	16:50PM-17:50PM 空中瑜伽 Aerial Yoga (Esther Lau)	16:30AM-17:30PM 空中瑜伽 Aerial Yoga (Emily Leung)
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) Abs Aerial Hoop Spinning (Cerene Chan)	18:00PM-19:00PM 哈達瑜珈 Hatha Yoga (Claire Tak)	17:40PM-18:40PM 開髖瑜珈 Open Hip Yoga (Yanes Ng)	18:00PM-19:00PM 空中瑜伽 Aerial Yoga (Be Li)		
20:10PM-21:10PM 初級倒立 Beginner Inversion (Suyi Chan)	19:20PM-20:20PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	19:30PM-20:30PM 瑜珈輪 Wheel Yoga (Angela Ng)	18:50PM-19:50PM 空中瑜伽 Aerial Yoga (Yanes Ng)	19:30PM -20:30PM 深層拉筋 Deep Stretching (Toe Kwok)		
	20:30PM-21:30PM 後彎提昇 Back Bending (Yeliz Wong)	20:40PM -21:40PM 深層拉筋 Deep Stretching (Angela Ng)	20:00PM-21:00PM 瑜珈輪 Wheel Yoga (Yanes Ng)	20:40PM-21:40PM 瘦身瑜珈 Slim Yoga (Toe Kwok)		

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## ANGELLEEYOGA 2021/ 10月課表 (LCK)

星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY	星期六 SATURDAY	星期日 SUNDAY
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 (Natalie Wong)	10:00AM-11:00AM **Beginner Silk** (Vivian Yau)	10:00AM-11:00AM 瑜珈輪 Wheel Yoga (Dorothy Lo)
11:10AM-12:10PM 瑜珈輪 Wheel Yoga (Jacqueline Ho)		12:00PM-13:00PM 深層拉筋 Deep Stretching (Josephine Chan)	11:50AM-12:50PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	10:10AM-11:10AM 後彎提昇 Back Bending (Natalie Wong)	11:20AM-12:20PM 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)	13:30PM-14:30PM 初級空中吊環 Beginner Aerial Hoop (Cathy Chan)	13:10PM-14:10PM 瑜珈輪 Wheel Yoga (Josephine Chan)	13:00PM-14:00PM 空中瑜伽 Aerial Yoga (Rachel Wu)	11:30AM-12:30PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	12:30PM-13:30PM 空中吊環(旋轉) Aerial Hoop Spinning (Cathy Chan)	12:20PM-13:20PM 初級手平衡 Beginner Arm Balance (Dorothy Lo)
14:00PM-15:00PM 後彎提昇 Back Bending (Natalie Wong)	14:40PM-15:40PM 開髖瑜伽 Open Hip Yoga (Cathy Chan)	14:20PM-15:20PM 香薰瑜珈 Aroma Yoga (Josephine Chan)	14:20PM-15:20PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	12:40PM-13:40PM 空中瑜伽 Aerial Yoga (Angel Lee)	14:00PM-15:00PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)	13:30PM-14:30PM 後彎提昇 Back Bending (Tina Wong)
15:10PM-16:10PM 開髖瑜伽 Open Hip Yoga (Natalie Wong)	15:50PM-16:50PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	15:40PM-16:40PM 初級倒立 Beginner Inversion (Natalie Wong)	15:30PM-16:30PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	14:00PM-15:00PM 瑜珈輪 Wheel Yoga (Clarie Tak)	15:10PM-16:10PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Siu Yeung)	14:50PM-15:50PM 初級空中瑜伽 Beginner Aerial Yoga (Be Li)
16:20PM-17:20PM 瑜珈輪 Wheel Yoga (Natalie Wong)	17:40PM-18:40PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)	16:50PM-17:50PM 瑜珈輪 Wheel Yoga (Natalie Wong)	16:40PM-17:40PM 瑜珈輪 Wheel Yoga (Angela Ng)	15:10PM-16:10PM 深層拉筋 Deep Stretching (Clarie Tak)	16:20PM-17:20PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)	16:10PM-17:10PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Be Li)
18:00PM-19:00PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	18:50PM-19:50PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Siu Yeung)	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 (Be Li)	16:50PM-17:50PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Zoie Hui)		
19:10PM-20:10PM 空中瑜伽 Aerial Yoga (Angel Lee)	20:00PM-21:00PM 空中拉筋 Aerial Stretching (Siu Yeung)	19:30PM-20:30PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	19:20PM-20:20PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Be Li)	18:00PM-19:00PM 開髖瑜伽 Open Hip (Vivian Yau)		
		20:40PM-21:40PM BB班空中吊環(旋轉) Abs Aerial Hoop Spinning (Cerene Chan)	20:30PM-21:30PM 空中瑜伽 Aerial Yoga (Be Li)	19:15PM-20:15PM **Beginner Silk** (Vivian Yau)		

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