

## ANGELLEEYOGA 2021/ 11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
10:30AM-11:30AM 瑜珈輪 Wheel Yoga (Amanda Ma)	10:00AM-11:00AM 初級空中瑜珈 Beginner Aerial Yoga (Rachel Wu)	10:30AM-11:30AM 初級空中瑜珈 Beginner Aerial Yoga (Jacqueline Ho)			10:00AM-11:00AM 初級空中瑜珈 Beginner Aerial Yoga (Judith Wong)	09:30AM-10:30AM 開體瑜珈 Open Hip (Suyi Chan)
11:40AM-12:40PM 哈達瑜珈 Hatha Yoga (Amanda Ma)	11:10AM-12:10PM 空中瑜珈 Aerial Yoga (Rachel Wu)	11:40AM-12:40PM 瑜珈輪 Wheel Yoga (Jacqueline Ho)	11:30PM-12:30PM 瑜珈輪 Wheel Yoga (Tina Wong)	11:30AM-12:30PM 後彎提昇 Back Bending (Zenia Au Yeung)	11:10AM-12:10PM 開體瑜珈 Open Hip (Judith Wong)	10:40AM-11:40AM 後彎提昇 Back Bending (Suyi Chan)
13:50PM-14:50PM 後彎提昇 Back Bending (Toe Kwok)	12:30PM-13:30PM 初級空中瑜珈 Beginner Aerial Yoga (Rachel Wu)	13:30PM-14:30PM 深層拉筋 Deep Stretching (Sunny Wong)	12:40PM-13:40PM 初級空中瑜珈 Beginner Aerial Yoga (Tina Wong)	12:40PM-13:40PM 瑜珈輪 Wheel Yoga (Zenia Au Yeung)	12:40PM-13:40PM 瑜珈輪 Wheel Yoga (Chealun)	11:50AM-12:50PM 初級空中瑜珈 Beginner Aerial Yoga (Suyi Chan)
16:00PM-17:00PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	15:00PM-16:00PM 瑜珈輪 Wheel Yoga (Karen Tsao)	14:40PM-15:40PM 後彎提昇 Back Bending (Sunny Wong)	15:00PM-16:00PM 初級手平衡 Beginner Arm Balance (Natalie Wong)	15:20PM-16:00PM 深層拉筋 Deep Stretching (Chealun)	13:50PM-14:50PM 初級倒立 Beginner Inversion (Chealun)	13:20AM-14:20PM 哈達瑜珈 Hatha Yoga (Kathy Szeto)
17:10PM-18:10PM 初級空中瑜珈 Beginner Aerial Yoga (Yeliz Wong)	16:10PM-17:10PM 初級空中瑜珈 Beginner Aerial Yoga (Karen Tsao)	16:00PM-17:30PM 自由練習堂 Practice Class	16:10PM-17:10PM 初級倒立 Beginner Inversion (Natalie Wong)	16:10PM-17:10PM 瘦身瑜珈 Slim Yoga (Chealun)	15:20PM-16:20PM 初級手平衡 Beginner Arm Balance (Chealun)	14:30AM-15:30PM 深層拉筋 Deep Stretching (Kathy Szeto)
18:40PM-19:40PM 後彎提昇 Back Bending (Natalie Wong)	17:30PM-18:30PM 空中瑜珈 Aerial Yoga (Rachel Wu)	18:00PM-19:00PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	17:20PM-18:20PM 後彎提昇 Back Bending (Natalie Wong)	17:50PM-18:50PM 高溫瑜珈 Hot Yoga (Angel Lee)	16:30PM-17:30PM 後彎提昇 Back Bending (Sunny Wang)	15:50PM-16:50PM 瑜珈輪 Wheel Yoga (Yeliz Wong)
19:50PM-20:50PM 初級倒立 Beginner Inversion (Natalie Wong)	18:40PM-19:40PM 初級空中瑜珈 Beginner Aerial Yoga (Rachel Wu)	19:10PM-20:10PM 初級空中瑜珈 Beginner Aerial Yoga (Yeliz Wong)	18:30PM-19:30PM 瑜珈輪 Wheel Yoga (Natalie Wong)	19:00PM-20:00PM 空中瑜珈 Aerial Yoga (Angel Lee)	17:40PM-18:40PM 瘦身瑜珈 Slim Yoga (Sunny Wang)	17:00PM-18:00PM 初級空中瑜珈 Beginner Aerial Yoga (Yeliz Wong)
21:00PM-22:00PM 瑜珈輪 Wheel Yoga (Natalie Wong)	19:50PM-20:50PM 瑜珈輪 Wheel Yoga (Rachel Wu)	20:20PM-21:20PM 後彎提昇 Back Bending (Yeliz Wong)	19:40PM-20:40PM 開體瑜珈 Open Hip (Suyi Chan)	20:10PM-21:10PM 初級空中瑜珈 Beginner Aerial Yoga (Angel Lee)		
	21:00PM-22:00PM 初級空中瑜珈 Beginner Aerial Yoga (Rachel Wu)		20:50PM-21:50PM 空中瑜珈 Aerial Yoga (Suyi 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；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/ 11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 (Ariel Tiu)			10:00AM - 11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	09:30AM - 10:30AM 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)
12:00PM - 13:00PM 初級空中瑜伽 Beginner Aerial Yoga (June Ko)	12:30PM - 13:30PM 初級空中瑜伽 Beginner Aerial Yoga (Ariel Tiu)	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)	10:40AM - 11:40PM 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 瑜珈輪 Wheel 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)	11:50PM - 12:50PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	13:00PM - 14:00PM 瑜珈輪 Wheel Yoga (Jo Cheung)
14:40PM - 15:40PM 深層拉筋 Deep Stretching (Cyan Chan)	15:10PM - 16:10PM 開體瑜伽 Open Hip Yoga (Jo Cheung)	14:50PM - 15:50PM 瑜珈輪 Wheel Yoga (Kathleen Chan)	15:00PM - 16:00PM 初級空中瑜伽 Beginner Aerial Yoga (Zenia Au Yenug)	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 Hoop Spinning (Siu Yeung)
	16:30PM - 18:00PM 自由練習堂 Practice Class	16:10PM - 17:10PM 開體瑜伽 Open Hip Yoga (Kathleen Chan)	16:10PM - 17:10PM 瑜珈輪 Wheel Yoga (Zenia Au Yenug)	15:00PM - 16:00PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	15:00PM - 16:00PM 空中瑜伽 Aerial Yoga (Demi Fung)	15:40PM - 16:40PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Siu Yeung)
17:10PM - 18:10PM 空中拉筋 Aerial Stretching (Casley Lee)	18:30PM - 19:30PM 瑜珈輪 Wheel Yoga (Hayley Chan)	17:20PM - 18:20PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	17:20PM - 18:20PM 初級空中瑜伽 Beginner Aerial Yoga (Zenia Au Yeung)	16:10PM - 17:10PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)	16:20PM - 17:20PM 初級空中瑜伽 Beginner Aerial Yoga (Sally Li)	17:00PM - 18:00PM 初級空中瑜伽 Beginner Aerial Hoop Spinning (Suki Chan)
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)	18:30PM - 19:30PM 空中瑜伽 Aerial Yoga (Yanes Ng)	18:40PM - 19:40PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	17:30PM - 18:30PM 空中瑜伽 Aerial Yoga (Sally Li)	
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)	19:40PM - 20:40PM 瑜珈輪 Wheel Yoga (Yanes Ng)	19:50PM - 20:50PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)		
20:50PM - 21:50PM **Beginner Silk** (Hayley Chan)		20:50PM - 21:50PM 初級空中瑜伽 Beginner Aerial Yoga (Nicole Leung)	20:50PM - 21:50PM 開體瑜伽 Open Hip Yoga (Yanes Ng)	21:00PM - 22:00PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)		

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。

## ANGELLEEOYOGA 2021/ 11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
	11:20AM-12:20PM 瑜珈輪 Wheel Yoga (Karen Tsao)			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)	12:30PM-13:30PM 初級空中瑜珈 Beginner Aerial Yoga (Karen Tsao)	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 後彎提昇 Back Bending (June Ko)
13:40PM-14:40PM 開體瑜珈 Open Hip Yoga (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)	14:10PM-15:10PM 初級倒立 Beginner Inversion (Jo Cheung)
14:50PM-15:50PM 瘦身瑜珈 Slim Yoga (Denise Yeung)	16:00PM-17:00PM 開體瑜珈 Open Hip Yoga (June Ko)	15:00PM-16:00PM 初級空中瑜珈 Beginner Aerial Yoga (Judith Wong)	15:00PM-16:00PM 初級空中瑜珈 Beginner Aerial Yoga (Cammie Yip)	13:50PM-14:50PM 哈達瑜珈 Hatha Yoga (Elka Ho)	13:30PM-14:30PM 初級空中瑜珈 Beginner Aerial Yoga (Demi Fung)	15:30PM-16:30PM 瑜珈輪 Wheel Yoga (Ariel Tiu)
17:00PM-18:00PM 初級空中瑜珈 Beginner Aerial Yoga (Ariel Tiu)	17:10PM-18:10PM 瑜珈輪 Wheel Yoga (June Ko)	16:10PM-17:10PM 空中拉筋 Aerial Stretching (Judith Wong)	16:10PM-17:10PM 深層拉筋 Deep Stretching (Cammie Yip)	15:00PM-16:00PM 開體瑜珈 Open Hip Yoga (Elka Ho)	14:40PM-15:40PM 初級倒立 Beginner Inversion (Denise Yeung)	16:40PM-17:40PM 深層拉筋 Deep Stretching (Angela Ng)
18:20PM-19:20PM 高溫瑜珈 Hot Yoga (Ariel Tiu)	18:20PM-19:20PM 深層拉筋 Deep Stretching (June Ko)	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 (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)	17:50PM-18:50PM 瘦身瑜珈 Slim Yoga (Angela Ng)
19:50PM-20:50PM 瑜珈輪 Wheel Yoga (Sandy Choi)	19:30PM-20:30PM 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 開體瑜珈 Open Hip Yoga (Suki chan)	17:20PM-18:20PM 後彎提昇 Back Bending (Natalie Wong)	17:00PM-18:00PM 瑜珈輪 Wheel Yoga (Denise Yeung)	
21:00PM-22:00PM 初級空中瑜珈 Beginner Aerial Yoga (Sandy Choi)	20:40PM-21:40PM 瑜珈輪 Wheel Yoga (Nicole Leung)		19:50PM-20:50PM 初級空中瑜珈 Beginner Aerial Yoga (Suki chan)	18:40PM-19:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)		
				19:50PM-20:50PM 初級倒立 Beginner Inversion (Natalie Wong)		

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## ANGELLEUYOGA 2021/ 11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 開髖瑜伽 Open Hip (Toe Kwok)	11:00AM-12:00PM 瑜珈輪 Wheel Yoga (Rachel Wu)	10:30AM-11:30AM 後彎提昇 Back Bending (Yoyo Ngan)	10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Kathleen Chan)	10:00AM-11:00AM 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 BB班空中吊環(旋轉) Abs Aerial Hoop Spinning (Cerene Chan)	12:10PM-13:10PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	11:40PM-12:40PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	11:10PM-12:10PM 瑜珈輪 Wheel Yoga (Kathleen Chan)	11:10AM-12:10PM 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 深層拉筋 Deep Stretching (Zenia Au Yeung)	13:30PM-14:30PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	13:30PM-14:30PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Dorothy Law)	12:50PM-13:50PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Dorothy Law)	12:30PM-13:30PM 瑜珈輪 Wheel Yoga (Toe Kwok)	12:20PM-13:20PM 開髖瑜伽 Open Hip (Nicole Leung)
14:20PM-15:20PM 深層拉筋 Deep Stretching (Candee Wong)	14:40PM-15:40PM 初級空中瑜伽 Beginner Aerial Yoga (Zenia Au Yeung)	14:40PM-15:40PM 空中瑜伽 Aerial Yoga (Rachel Wu)	15:50PM-16:50PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	15:10PM-16:10PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)	13:40PM-14:40PM 後彎提昇 Back Bending (Toe Kwok)	14:30PM-15:30PM 初級空中瑜伽 Beginner Aerial Yoga (Claudia Tsang)
15:30PM-16:30PM 初級空中瑜伽 Beginner Aerial Yoga (Candee Wong)	16:30PM-17:30PM 後彎提昇 Back Bending (Natalie Wong)	16:00PM-17:00PM 初級倒立 Beginner Inversion (Hilary Cheung)	17:00PM-18:00PM 開髖瑜伽 Open Hip (Yeliz Wong)	16:20PM-17:20PM 初級空中吊環 Beginner Aerial Hoop (Cathy Chan)	15:00PM-16:00PM 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)
16:50PM-17:50PM 開髖瑜伽 Open Hip (Be Li)	17:40PM-18:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)	17:10PM-18:10PM 深層拉筋 Deep Stretching (Hilary Cheung)	18:10PM-19:10PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	18:30PM-19:30PM 深層拉筋 Deep Stretching (Jessica Kwan)	16:10PM-17:10PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)	16:50PM-17:50PM 瑜珈輪 Wheel Yoga (Toe Kwok)
18:10PM-19:10PM 初級空中瑜伽 Beginner Aerial Yoga (Be Li)	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)	19:20PM-20:20PM 後彎提昇 Back Bending (Yoyo Ngan)	19:50PM-20:50PM 初級空中瑜伽 Beginner Aerial Yoga (Jessica Kwan)	17:30PM-18:30PM 深層拉筋 Deep Stretching (Cathy Chan)	
19:20PM-20:20PM 哈達瑜伽 Hatha Yoga (Be Li)	20:10PM-21:10PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	19:40PM-20:40PM 哈達瑜伽 Hatha Yoga (Yoyo Ngan)	20:30PM-21:30PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)			
		20:50PM-21:50PM 後彎提昇 Back Bending (Yoyo Ngan)				

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## ANGELLEEYOGA 2021/ 11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
09:00AM-10:00AM 瑜珈輪 Wheel Yoga (Karen Tsao)	10:00AM-11:00AM 初級空中瑜珈 Beginner Aerial Yoga (June Ko)	10:50AM-11:50AM 初級空中瑜珈 Beginner Aerial Yoga (Kathleen Chan)		08:00AM-09:00AM 瑜珈輪 Wheel Yoga (Joann Suen)	10:00AM-11:00AM 初級空中瑜珈 Beginner Aerial Yoga (Jacqueline Ho)	10:00AM-11:00AM 初級空中瑜珈 Beginner Aerial Yoga (Alice Law)
	11:10AM-12:10PM 空中瑜珈 Aerial Yoga (June Ko)	12:00PM-13:00PM 後彎提升 Back Bending (Kathleen Chan)	12:00PM-13:00PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)		11:10AM-12:10PM 瑜珈輪 Wheel Yoga (Jacqueline Ho)	11:20AM-12:20PM 空中瑜珈 Aerial Yoga (Alice Law)
12:00PM-13:30PM 自由練習堂 Practice Class	12:50PM-13:50PM 瑜珈輪 Wheel Yoga (Denise Yeung)	13:20PM-14:20PM 瘦身瑜珈 Slim Yoga (Angel Lee)	13:10PM-14:10PM BB班空中吊環(旋轉) Abs Aerial Hoop Spinning (Cathy Chan)	12:00PM-13:00PM 後彎提升 Back Bending (Kathy Yip)	12:20PM-13:20PM 初級倒立 Beginner Inversion (Jacqueline Ho)	12:40PM-13:40PM 後彎提升 Back Bending (Kathy Yip)
14:00PM-15:00PM 瑜珈輪 Wheel Yoga (Judith Wong)	14:00PM-15:00PM 後彎提升 Back Bending (Denise Yeung)	14:30PM-15:30PM 初級空中瑜珈 Beginner Aerial Yoga (Angel Lee)	15:00PM-16:00PM 初級空中瑜珈 Beginner Aerial Yoga (Jacqueline Ho)	13:10PM-14:10PM 初級倒立 Beginner Inversion (Kathy Yip)	13:40PM-14:40PM 初級空中瑜珈(旋轉) Beginner Aerial Yoga Spinning (Zoie Hui)	13:50AM-14:50AM 開體瑜珈 Open Hip (Kathy Yip)
15:10PM-16:10PM 瘦身瑜珈 Slim Yoga (Judith Wong)	15:20PM-16:20PM 開體瑜珈 Open Hip (Toe Kwok)	15:50PM-16:50PM 深層拉筋 Deep Stretching (Becca Chan)	16:10PM-17:10PM 瑜珈輪 Wheel Yoga (Jacqueline Ho)	15:20PM-16:20PM 初級空中瑜珈 Beginner Aerial Yoga (Yoki Lee)	15:00PM-16:00PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Zoie Hui)	15:10PM-16:10PM 初級空中瑜珈 Beginner Aerial Yoga (Sally Li)
16:30PM-17:30PM 初級空中瑜珈 Beginner Aerial Yoga (Sally Li)	16:30PM-17:30PM Deep Stretching 深層拉筋 (Toe Kwok)	17:10PM-18:10PM BB班空中吊環(旋轉) Abs Aerial Hoop Spinnig (Cerene Chan)	18:10PM-19:10PM 初級倒立 Beginner Inversion (Jacqueline Ho)	16:30PM-17:30PM 深層拉筋 Deep Stretching (Yoki Lee)	16:20PM-17:20PM 瑜珈輪 Wheel Yoga (Toe Kwok)	16:20PM-17:20PM 空中瑜珈 Aerial Yoga (Sally Li)
17:40PM-18:40PM 空中瑜珈 Aerial Yoga (Sally Li)	17:30PM-19:00PM 自由練習堂 Practice Class	18:30PM-19:30PM 初級空中瑜珈 Beginner Aerial Yoga (Esther Lau)	19:20PM-20:20PM 空中瑜珈 Aerial Yoga (Jacqueline Ho)	18:00PM-19:00PM 開體瑜珈 Open Hip (June Ko)		
19:00PM-20:00PM 深層拉筋 Deep Stretching (Judith Wong)	19:00PM-20:00PM 初級空中瑜珈 Beginner Aerial Yoga (Sally Li)	19:40PM-20:40PM 空中瑜珈 Aerial Yoga (Esther Lau)	20:30PM-21:30PM 瑜珈輪 Wheel Yoga (Jacqueline Ho)	19:10PM-20:10PM 初級空中瑜珈 Beginner Aerial Yoga (June Ko)		
20:10PM-21:10PM 初級空中瑜珈 Beginner Aerial Yoga (Judith Wong)	20:20PM-21:20PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Candee Wong)	20:50PM-21:50PM 空中拉筋 Aerial Stretching (Esther Lau)		20:20PM-21:20PM 初級空中瑜珈(旋轉) Beginner Aerial Yoga Spinning (June Ko)		

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## ANGELLEEYOGA 2021/ 11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
11:00PM-12:00PM 香薰瑜伽 Aroma Yoga (Angel Lee)	11:00AM-12:00PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	10:30AM-11:30PM 初級倒立 Beginner Inversion (Natalie Wong)	10:30AM-11:30PM 瘦身瑜珈 Slim Yoga (Judith 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)
12:10PM-13:10PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	12:10PM-13:10PM 後彎提昇 Back Bending (Yoyo Ngan)	11:40PM-12:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)	11:40PM-12:40PM 初級空中瑜伽 Beginner Aerial Yoga (Judith Wong)	12:00PM-13:00PM 瑜珈輪 Wheel Yoga (Natalie Wong)	11:10PM-12:10PM 空中瑜珈 Aerial Yoga (Sally Li)	11:40AM-12:40PM 空中瑜珈 Aerial Yoga (Siu Yeung)
	13:20PM-14:50PM 自由練習堂 Practice Class	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)
14:20PM-15:20PM 初級空中瑜伽 Beginner Aerial Yoga (Casley Lee)	15:00PM-16:00PM 開髖瑜珈 Open Hip (Tracy Wong)	15:00PM-16:00PM 香薰瑜珈 Aroma Yoga (Claire Tak)	14:10PM-15:10PM 深層拉筋 Deep Streatching (Bear Kung)	14:20PM-15:20PM 深層拉筋 Deep Streatching (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)
15:30PM-16:30PM 瑜珈輪 Wheel Yoga (Casley Lee)	16:10PM-17:10PM 初級空中瑜伽 Beginner Aerial Yoga (Tracy Wong)	16:10PM-17:10PM 哈達瑜珈 Hatha Yoga (Claire Tak)	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)	15:20PM-16:20PM 初級空中瑜伽 Beginner Aerial Yoga (Emily Leung)
16:40PM -17:40PM 深層拉筋 Deep Stretching (Yetta Yuen)	18:00PM-19:00PM BB班空中吊環(旋轉) Abs Aerial Hoop Spinning (Cerene Chan)	17:30PM-19:00PM 自由練習堂 Practice Class	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 深層拉筋 Deep Stretching (Chealun)	16:40AM-17:40PM 空中瑜珈 Aerial Yoga (Alice Law)
17:50PM-18:50PM 瘦身瑜珈 Slim Yoga (Yetta Yuen)	19:20PM-20:20PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	19:00PM-20:00PM 瑜珈輪 Wheel Yoga (Judith Wong)	18:00PM-19:00PM 初級空中瑜伽 Beginner Aerial Yoga (Zenia Au Yeung)	18:00PM-19:00PM 空中瑜珈 Aerial Yoga (Be Li)		
19:00PM-20:00PM 初級空中瑜伽 Beginner Aerial Yoga (Suyi Chan)	20:30PM-21:30PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz Wong)	20:10PM -21:10PM 空中瑜珈 Aerial Yoga (Judith Wong)	19:30PM-20:30PM 瑜珈輪 Wheel Yoga (Lina Chung)	19:30PM -20:30PM 深層拉筋 Deep Stretching (Judith Wong)		
20:10PM-21:10PM 初級倒立 Beginner Inversion (Suyi Chan)			20:40PM-21:40PM 高温瑜珈 Hot Yoga (Lina Chung)	20:40PM-21:40PM 瘦身瑜珈 Slim Yoga (Judith Wong)		

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## ANGELLEEYOGA 2021/ 11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)	11:00PM-12:00PM 深層拉筋 Deep Stretching (Suki Chan)		10:30AM-11:30PM 瑜珈輪 Wheel Yoga (Rachel Wu)	09:00AM-10:00AM 初級倒立 Beginner Inversion (Natalie Wong)	10:00AM-11:00AM **Beginner Silk** (Vivian Yau)	10:00AM-11:00AM 開髖瑜珈 Open Hip (Dorothy Lo)
11:10AM-12:10PM 瑜珈輪 Wheel Yoga (Jacqueline Ho)	12:10PM-13:10PM 香薰瑜珈 Aroma Yoga (Suki Chan)	12:00PM-13:00PM 深層拉筋 Deep Stretching (Josephine Chan)	11:40AM-12:40PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	10:10AM-11:10AM 後彎提昇 Back Bending (Natalie Wong)	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)	13:30PM-14:30PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cathy Chan)	13:10PM-14:10PM 瑜珈輪 Wheel Yoga (Josephine Chan)	12:50PM-13:50PM 空中瑜伽 Aerial Yoga (Rachel Wu)	11:40AM-12:40PM 初級空中瑜伽 Beginner Aerial Yoga (Judith Wong)	12:40PM-13:40PM 空中吊環(旋轉) Aerial Hoop Spinning (Cathy Chan)	12:20PM-13:20PM 瑜珈輪 Wheel Yoga (Toe Kwok)
14:00PM-15:00PM 後彎提昇 Back Bending (Natalie Wong)	14:40PM-15:40PM 開髖瑜珈 Open Hip Yoga (Cathy Chan)	14:20PM-15:20PM 香薰瑜珈 Aroma Yoga (Josephine Chan)	14:50PM-15:50PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	12:50PM-13:50PM 空中瑜伽 Aerial Yoga (Judith Wong)	14:00PM-15:00PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)	13:30PM-14:30PM 深層拉筋 Deep Stretching (Toe Kwok)
15:10PM-16:10PM 開髖瑜珈 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)	16:00PM-17:00PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	14:10PM-15:10PM 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 (Tina Wong)	16:50PM-17:50PM 瑜珈輪 Wheel Yoga (Natalie Wong)	17:10PM-18:10PM 空中瑜伽(旋轉) Aerial Yoga Spinning (Rachel Wu)	16:50PM-17:50PM 初級空中瑜伽(旋轉) Beginner Aerial Yoga Spinning (Zoie Hui)	16:50PM-17:50PM 初級空中瑜伽 Beginner Aerial Yoga (Dorothy Lo)	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 (Tina Wong)	18:00PM-19:00PM 後彎提昇 Back Bending (Natalie Wong)	18:00PM-19:00PM 後彎提昇 Back Bending (Tina Wong)	18:00PM-19:00PM 開髖瑜珈 Open Hip (Vivian Yau)	18:00PM-19:00PM 瑜珈輪 Wheel Yoga (Dorothy Lo)	
19:10PM-20:10PM 空中瑜伽 Aerial Yoga (Angel Lee)	20:00PM-21:00PM 瑜珈輪 Wheel Yoga (Tina Wong)	19:30PM-20:30PM 初級空中吊環(旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	19:10PM-20:10PM 初級空中瑜伽 Beginner Aerial Yoga (Tina Wong)	19:15PM-20:15PM **Beginner Silk** (Vivian Yau)		
		20:40PM-21:40PM BB班空中吊環(旋轉) Abs Aerial Hoop Spinning (Cerene Chan)		20:30PM-21:30PM 深層拉筋 Deep Stretching (Toe Kwok)		

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