

星期一	星期二	星期三	星期四	星期五	星期六	星期日
	10:30-11:30 深層拉筋 Deep stretching (Coby Chu)	10:30AM-11:30AM 初級倒立 Beginner Inversion (Natalie Wong)	10:30-11:30 養生瑜珈 Yin Yoga (Coby Chu)	10:30AM-11:30AM 後彎提昇 Back Bending (Natalie Wong)	10:30PM-11:30PM 開髖瑜珈 Open Hip (Denise Yeung)	10:00AM-11:00PM 深層拉筋 Deep stretching (Shanna Leung)
11:30AM-12:30PM 初級空中瑜珈 Beginner Aerial Yoga (Yiman Pang)	11:40AM-12:40PM 瑜珈輪 Wheel Yoga (Coby Chu)	11:40AM-12:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)	11:40AM-12:40PM 瘦身瑜珈 Detox Yoga (Coby Chu)	11:40AM-12:40AM 瑜珈輪 Wheel Yoga (Natalie Wong)	11:40AM-12:40AM 深層拉筋 Deep stretching (Denise Yeung)	11:10AM-12:10PM 瑜珈輪 Wheel Yoga (Shanna Leung)
12:50PM-13:50PM 瑜珈輪 Wheel Yoga (Avina Yu)	13:30AM-14:30AM 初級空中瑜珈 Beginner Aerial Yoga (Sally Li)	12:50-13:50 深層拉筋 Deep stretching (Natalie WONG)	14:15PM-15:15PM 初級空中瑜珈 Beginner Aerial Yoga (Giselle Lock)	12:50AM-13:50AM 初級手平衡 Beg. Arm Balance (Natalie Wong)	13:00PM-14:00PM 初級空中瑜珈 Beginner Aerial Yoga (Yiman Pang)	12:25AM-13:25PM 初級空中瑜珈 Beginner Aerial Yoga (Yiman Pang)
14:00PM-15:30PM 自由練習堂 Practice Class	15:00PM-16:00PM 溫和伸展 Gentle stretching (Sherry Mak)	14:00PM-15:30PM 自由練習堂 Practice Class	15:25PM-16:25PM 瑜珈輪 Wheel Yoga (Giselle Lock)	14:00PM-15:00PM 初級空中瑜珈 Beginner Aerial Yoga (Nancy Ho)	14:10PM-15:10PM 瑜珈輪 Wheel Yoga (Cherry Au)	13:40PM-14:40PM 開髖瑜珈 Open Hip (Shanna Leung)
15:40PM-16:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)	16:10PM-17:10PM 開髖瑜珈 Open Hip (Sherry Mak)	16:30PM-17:30PM 初級空中瑜珈 Beginner Aerial Yoga (Judith Wong)	16:45AM-17:45PM 開肩開胸 Shoulder Openning (Yeliz Wong)	15:10PM-16:10PM 深層拉筋 Deep stretching (Nancy Ho)	15:30PM-16:30PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Cerene Chan)	14:50PM-15:50PM 水晶頌鉢聲療 Crystal Singing bowl (Shanna Leung)
16:50PM-17:50PM 開髖瑜珈 Open Hip (Natalie Wong)	17:10PM-18:50PM 自由練習堂 Practice Class	17:40PM-18:40PM 哈達瑜珈 Hatha Yoga (Judith Wong)	17:50PM-18:50PM 初級空中瑜珈 Beginner Aerial Yoga (Yeliz Wong)	18:00PM-19:00PM 初級空中瑜珈 Beginner Aerial Yoga (Yiman Pang)	16:50PM-17:50PM 瑜珈輪 Wheel Yoga (Natalie Wong)	16:00PM-17:00PM 初級空中瑜珈 Beginner Aerial Yoga (Krystal Li)
19:00PM-20:00PM 深層拉筋 Deep Strecthing (Suyi Chan)	19:00PM-20:00PM 後彎提昇 Back Bending (Queenie Cheung)	19:00PM-20:00PM 瑜珈輪 Wheel Yoga (Lilian Leung)	20:05PM-21:05PM 瑜珈輪 Wheel Yoga (Natalie Wong)	19:30PM-20:30PM 瑜珈輪 Wheel Yoga (Raina Lee)	18:00PM-19:00PM 頌鉢聲療 Singing bowl (Natalie Wong)	17:10PM-18:10PM 開肩開胸 Shoulder Openning (Krystal Li)
20:10PM-21:10PM 初級倒立 Beginner Inversion (Suyi Chan)	20:10PM-21:10PM 開髖瑜珈 Open Hip (Queenie Cheung)	20:10PM -21:10PM 深層拉筋 Deep stretching (Lilian Leung)	21:10PM-22:10PM 流瑜珈 Vinyasa Yoga (Natalie Wong)			

- 所有課堂四人成班，如人數不足取消課堂，會於前一天通知。
- 所有已預約之課堂如需取消，需於開課前24小時自行到系統取消，否則照扣除堂數。
- 遲到多於15分鐘 (水晶/頌鉢瑜珈 遲到多於5分鐘) 將不能進入課室，並會照扣除堂數。

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)	10:30AM-11:30AM 初級空中瑜伽 Beginner Aerial Yoga (Sally Li)	10:00AM-11:00AM 哈達瑜伽 Hatha Yoga (Amy Chiu)	10:30AM-11:30AM 溫和伸展 Gentle Stretching (Dora Leung)	10:00AM-11:00PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Nina Tang)	09:50AM-10:50AM 開髖瑜伽 Open Hip (Suyi Chan)
	11:10AM-12:10PM 後彎提昇 Back Bending (Rachel Wu)	11:40AM-12:40PM 瑜珈輪 Wheel Yoga (Sally Li)	11:30AM-12:30AM 開肩開胸 Shoulder Openning (Krystal Li)	11:40AM-12:40PM 哈達瑜伽 Hatha Yoga (Dora Leung)	11:20AM-12:20AM 開肩開胸 Shoulder Openning (Krystal Li)	11:00AM-12:00PM 後彎提昇 Back Bending (Suyi Chan)
12:30PM-13:30PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	12:20PM-13:20PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	13:30AM-14:30PM 深層拉筋 Deep Strecthing (Janice Ng)	12:40AM-13:40PM 初級空中瑜伽 Beginner Aerial Yoga (Krystal Li)	12:50PM-14:20PM 自由練習堂 Practice Class	12:30PM-13:30PM 初級空中瑜伽 Beginner Aerial Yoga (Krystal Li)	12:10PM-13:10PM 初級空中瑜伽 Beginner Aerial Yoga (Suyi Chan)
14:00PM-15:30PM 自由練習堂 Practice Class	15:00PM-16:00PM 瑜珈輪 Wheel Yoga (Rachel Wu)	14:40PM-15:40PM 瘦身瑜珈 Slim Yoga (Janice Ng)	15:00PM-16:00PM 養生瑜珈 Yin Yoga (Joanna Wong)	14:50PM-15:50PM 瑜珈輪 Wheel Yoga (Casey Chan)	13:50PM-14:50PM 瑜珈輪 Wheel Yoga (Natalie Wong)	14:10PM-15:10PM 瑜珈輪 Wheel Yoga (Yeliz Wong)
16:00PM-17:00PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	16:30PM-18:00PM 自由練習堂 Practice Class	16:30PM-17:30PM 初級手平衡 Arm Balance (Lemon Cheung)	16:10PM-17:10PM 溫和伸展 Gentle Stretching (Joanna Wong)	16:00PM-17:00PM 深層拉筋 Deep Strecthing (Casey Chan)	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)
17:10PM-18:10PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz Wong)	18:30PM-19:30PM 哈達瑜珈 Hatha Yoga (Agnes Wong)	17:45PM-18:45PM 開髖瑜珈 Open Hip (Yeliz Wong)	17:20PM-18:20PM 後彎提昇 Back Bending (Natalie Wong)	17:50PM-18:50PM 流瑜珈 Vinyasa Yoga (Angel Lee)	16:20PM-17:20PM 初級空中瑜珈 Beginner Aerial Yoga (Ariel Tiu)	16:30PM-17:30PM 開髖瑜珈 Open Hip (Yeliz Wong)
18:40PM-19:40PM 後彎提昇 Back Bending (Natalie Wong)	19:50PM-20:50PM 瑜珈輪 Wheel Yoga (Hana Po)	18:50PM-19:50PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	18:30PM-19:30PM 瑜珈輪 Wheel Yoga (Natalie Wong)	19:00PM-20:00PM 初級空中瑜珈 Beginner Aerial Yoga (Angel Lee)		
19:50PM-20:50PM 初級倒立 Beginner Inversion (Natalie Wong)	21:00PM-22:00PM 後彎提昇 Back Bending (Hana Po)	20:00PM-21:00PM 初級空中瑜珈 Beginner Aerial Yoga (Yeliz Wong)	19:40PM-20:40PM 開髖瑜珈 Open Hip (Suyi Chan)	20:10PM-21:10PM 初級空中瑜珈 Beginner Aerial Yoga (Angel Lee)		
21:00PM-22:00PM 瑜珈輪 Wheel Yoga (Natalie Wong)			20:50PM-21:50PM 初級倒立 Beginner Inversion (Suyi Chan)			

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- 所有已預約之課堂如需取消，需於開課前24小時自行到系統取消，否則照扣除堂數。
- 遲到多於15分鐘 (水晶/頤鉢瑜珈 遲到多於5分鐘) 將不能進入課室，並會照扣除堂數。

ANGELLEEYOGA

Lai Chi Kok 荔枝角 2023 / 3月課堂時間表

星期一	星期二	星期三	星期四	星期五	星期六	星期日
13:00PM-14:00PM 初級空中瑜伽 Beginner Aerial Yoga (Jacqueline Ho)		11:00AM-12:00PM 深層拉筋 Deep Stretching (Peony Lam)	10:30AM-11:30AM 瑜珈輪 Wheel Yoga (Rachel Wu)	11:30AM-12:30PM 開肩開胸 Shoulder Opening (Krystal Li)	10:00AM-11:00AM 初級空中絲帶 Silk (Newbie) (Demi Fung)	10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Dorothy Lo)
14:10PM-15:10PM 瑜珈輪 Wheel Yoga (Jacqueline Ho)		12:10PM-13:10PM 哈達瑜珈 Hatha Yoga (Peony Lam)	11:40AM-12:40PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	12:40PM-13:40PM 初級空中瑜伽 Beginner Aerial Yoga (Krystal Li)	11:20AM-12:20PM 初級空中瑜伽 Beginner Aerial Yoga (Demi Fung)	11:10AM-12:10PM 瑜珈輪 Wheel Yoga (Dorothy Lo)
15:30AM-16:30PM 深層拉筋 Deep Stretching (Avina Yu)	15:00PM-16:00PM 瘦身瑜珈 Slim Yoga (Nicole Wong)	14:30PM-15:30PM 瑜珈輪 Wheel Yoga (Kay Ku)	16:00PM-17:00PM 初級空中瑜伽 Beginner Aerial Yoga (Cherry Au)	12:50PM-14:20PM 自由練習堂 Practice Class	12:40PM-13:40PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Jeannie Fung)	12:30PM-13:30PM 初級空中瑜伽 Beginner Aerial Yoga (Demi Fung)
16:40PM-17:40PM 後彎提昇 Back Bending (Avina Yu)	16:10PM-17:10PM 哈達瑜珈 Hatha Yoga (Nicole Wong)	16:10PM-17:10PM 初級空中瑜伽 Beginner Aerial Yoga (Amy Chiu)	17:10PM-18:10PM 瑜珈輪 Wheel Yoga (Cherry Au)	14:40PM-15:40PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	14:00PM-15:00PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)	13:50PM-14:50PM 初級空中絲帶 Silk (Newbie) (Demi Fung)
18:00PM-19:00PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	18:10PM-19:10PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	17:20PM-18:20PM 哈達瑜珈 Hatha Yoga (Amy Chiu)	18:30PM-19:30PM 初級空中瑜伽 Beginner Aerial Yoga (Yoyo Ngan)	15:50PM-16:50PM 瑜珈輪 Wheel Yoga (Rachel Wu)	15:10PM-16:10PM 空中瑜伽 (旋轉) Aerial Yoga Spinning (Siu Yeung)	15:10PM-16:10PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Cerene Chan)
19:10PM-20:10PM 空中瑜伽 Aerial Yoga (Angel Lee)	19:20PM-20:20PM 初級空中瑜伽 Beginner Aerial Yoga (Yeliz Wong)	19:30PM-20:30PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	19:40PM-20:40PM 後彎提昇 Back Bending (Yoyo Ngan)	18:30PM-19:30PM 流瑜珈 Vinyasa Yoga (Nicole Wong)	16:30PM-17:30PM 哈達瑜珈 Hatha Yoga (Hebe Chu)	16:20PM-17:20PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)
20:20PM-21:20PM 空中絲帶 Silk (All Level) (Zoie Hui)		20:40PM-21:40PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Cerene Chan)		19:40PM-20:40PM 瘦身瑜珈 Slim Yoga (Nicole Wong)		

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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 (Angel Lee)			10:00AM-11:00AM 瑜珈輪 Wheel Yoga (Nancy Ho)	10:00AM-11:00PM 空中瑜伽 (旋轉) Aerial Yoga Spinning (Rachel Wu)	10:00AM-11:00PM BB班空中吊環 BB Aerial Hoop (Jeannie Fung)
11:20PM-12:20PM 瑜珈輪 Wheel Yoga (Denise Yeung)	11:10AM-12:10PM 瑜珈輪 Wheel Yoga (Angel Lee)	12:30PM-13:30PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Jeannie Fung)	12:30PM-13:30PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)	11:15AM-12:15PM 深層拉筋 Deep Stretching (Nancy Ho)	11:10PM-12:10PM 初級空中瑜伽 (旋轉) Beg Aerial Yoga Spin. (Rachel Wu)	11:00AM-12:00PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Jeannie Fung)
12:30PM-13:30PM 深層拉筋 Deep Stretching (Denise Yeung)	13:40PM-15:10PM 自由練習堂 Practice Class	14:30PM-15:30PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Jessica Ng)	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 瑜珈輪 Wheel Yoga (Peony Lam)	12:40PM-13:40PM 空中瑜伽 Aerial Yoga (Shita Leung)
13:40PM-14:40PM 開髖瑜伽 Open Hip Yoga (Denise Yeung)	15:30PM-16:30PM 香薰瑜伽 Aroma Yoga (Janice Ng)	15:40PM-16:40PM 自由練習堂 Practice Class (1 Hour)	14:50PM-16:20PM 自由練習堂 Practice Class	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) Beg Aerial Hoop Spin. (Siumi Cheung)	14:10PM-15:10PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Siu Yeung)
16:30PM-18:00PM 自由練習堂 Practice Class	16:40PM-17:40PM 瘦身瑜伽 Slim Yoga (Janice Ng)	17:00PM-18:00PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	16:40PM-17:40PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Cerene Chan)	15:00PM-16:30PM 自由練習堂 Practice Class	14:50PM-15:50PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Siumi Cheung)	15:20PM-16:20PM 空中瑜伽 (旋轉) Aerial Yoga Spinning (Siu Yeung)
18:30PM-19:30PM 初級空中瑜伽 Beginner Aerial Yoga (Hayley Chan)	17:50PM-18:50PM 初級空中瑜伽 Beginner Aerial Yoga (Cherry Au)	19:15PM-20:15PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Jeannie Fung)	17:50PM-18:50PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	17:30PM-18:30PM 溫和伸展 Gentle Stretch (Janice Ng)		16:30PM-17:30PM 瑜珈輪 Wheel Yoga (Casley Lee)
19:40PM-20:40PM 瑜珈輪 Wheel Yoga (Hayley Chan)	19:10PM-20:10PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	20:30PM-21:30PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Jeannie Fung)	19:30PM-20:30PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Dorothy Law)	19:00PM-20:00PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)		
			20:40PM-21:40PM 空中瑜伽 (旋轉) Aerial Yoga Spinning (Dorothy Law)	20:10PM-21:10PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Cerene Chan)		

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- 所有已預約之課堂如需取消，需於開課前24小時自行到系統取消，否則照扣除堂數。
- 遲到多於15分鐘 (水晶/頤鉢瑜珈 遲到多於5分鐘) 將不能進入課室，並會照扣除堂數。
- 如受導師培訓課程影響的日子，單館套票會員可聯絡分館轉上其他分館之課。

ANGELLEEYOGA

Kwun Tong - Rm 2 觀塘 2023 / 3月課堂時間表

星期一	星期二	星期三	星期四	星期五	星期六	星期日
			11:50AM-12:50PM 瑜珈輪 Wheel Yoga (Cyan Chan)		10:30AM-11:30AM 瘦身瑜珈 Slim Yoga (Olivia Law)	10:00AM-11:00AM 初級空中瑜珈 Beginner Aerial Yoga (Shita Leung)
12:40PM-13:40PM 初級空中瑜珈 Beginner Aerial Yoga (Hayley Chan)	12:40PM-13:40PM 開髖瑜珈 Open Hip Yoga (Suki Chan)	12:50PM-13:50PM 初級空中瑜珈 Beginner Aerial Yoga (Judith Wong)	13:00PM-14:00PM 深層拉筋 Deep Stretching (Cyan Chan)	13:00AM-14:00PM 初級空中瑜珈 Beginner Aerial Yoga (Ariel Tiu)	11:40AM-12:40PM 溫和伸展 Gentle Stretch (Olivia Law)	11:20AM-12:20AM 空中伸展 Aerial Stretch (Shita Leung)
14:15PM-15:15PM 流瑜珈 Vinyasa Yoga (Casley Lee)	13:50PM-14:50PM 深層拉筋 Deep Stretching (Suki Chan)	14:00PM-15:00PM 瑜珈輪 Wheel Yoga (Judith Wong)	14:10PM-15:10PM 哈達瑜珈 Hatha Yoga (Amy Chiu)	14:10PM-15:10PM 瑜珈輪 Wheel Yoga (Ariel Tiu)	12:50PM-13:50PM 高溫瑜珈 Hot Yoga (Helen Man)	13:00PM-14:00PM 流瑜珈 Vinyasa Yoga (Dorothy Lo)
15:45PM-16:45PM 哈達瑜珈 Hatha Yoga (Keith Wong)	15:00PM-16:30PM 自由練習堂 Practice Class	15:10PM-16:40PM 自由練習堂 Practice Class	15:30PM-16:30PM 空中瑜珈 Aerial Yoga (Amy Chiu)	15:30PM-16:30PM 初級手平衡 Beg. Arm Balance (Lemon Cheung)	14:00PM-15:00PM 流瑜珈 Vinyasa Yoga (Denise Yeung)	14:10PM-15:10PM 深層拉筋 Deep Stretching (Dorothy Lo)
16:55PM-17:55PM 初級倒立 Beginner Inversion (Keith Wong)	18:30PM-19:30PM 瑜珈輪 Wheel Yoga (Hayley Chan)	16:50AM-17:50PM 溫和伸展 Gentle Stretch (Janice Ng)	16:50PM-18:20PM 自由練習堂 Practice Class	17:00PM-18:00PM 哈達瑜珈 Hatha Yoga (Peony Lam)	15:20PM-16:20PM 初級倒立 Beginner Inversion (Denise Yeung)	15:40PM-16:40PM 初級空中瑜珈 Beginner Aerial Yoga (Tiffany Leung)
18:20PM-19:20PM 溫和伸展 Gentle Stretch (Cyan Chan)	19:40PM-20:40PM 初級空中瑜珈 Beginner Aerial Yoga (Hayley Chan)	18:10PM-19:10PM 瑜珈輪 Wheel Yoga (Angel Lee)	18:50PM-19:50PM 初級空中瑜珈 Beginner Aerial Yoga (Demi Fung)	18:10PM-19:10PM 瑜珈輪 Wheel Yoga (Peony Lam)	16:30PM-17:30PM 後彎提昇 Back Bending (Denise Yeung)	16:50PM-17:50PM 空中瑜珈 Aerial Yoga (Tiffany Leung)
19:30PM-20:30PM 高溫瑜珈 Hot Yoga (Helen Man)		19:20PM-20:20PM 初級空中瑜珈 Beginner Aerial Yoga (Lorraine Lo)	20:00PM-21:00PM 高溫瑜珈 Hot Yoga (Demi Fung)	19:20PM-20:20PM 初級空中瑜珈 Beginner Aerial Yoga (Tiffany Leung)		

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- 遲到多於15分鐘 (水晶/頤鉢瑜珈 遲到多於5分鐘) 將不能進入課室，並會照扣除堂數。
- 如受導師培訓課程影響的日子，單館套票會員可聯絡分館轉上其他分館之課堂

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)		09:30AM-10:30AM 開髖瑜伽 Open Hip (Rachel Wu)	10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Tracy Tsang)		10:10AM-11:10AM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Siumi Cheung)	10:00AM-11:00AM 溫和伸展 Gentle Stretch (Nicole Leung)
11:10AM-12:10AM 瑜珈輪 Wheel Yoga (Natalie Wong)		11:10AM-12:10PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	11:10PM-12:10AM 瑜珈輪 Wheel Yoga (Tracy Tsang)	11:20AM-12:20PM 初級空中瑜伽 Beginner Aerial Yoga (Karen Tsao)	11:20AM-12:20PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Siumi Cheung)	11:10AM-12:10PM 初級空中瑜伽 Beginner Aerial Yoga (Nicole Leung)
13:10AM-14:10PM 溫和伸展 Gentle Stretch (Casey Chan)		12:30PM-13:30PM 初級空中絲帶 Silk (Newbie) (Rachel Wu)	13:40AM-14:40PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	12:30PM-13:30PM 瑜珈輪 Wheel Yoga (Josephine Chan)	12:40PM-13:40PM 溫和伸展 Gentle Stretch (Candy Chow)	12:20PM-13:20PM 瑜珈輪 Wheel Yoga (Nicole Leung)
14:30PM-15:30PM 香薰瑜伽 Aroma Yoga (Casey Chan)	15:20PM-16:20PM 開髖瑜伽 Open Hip (Natalie Wong)	13:40PM-14:40PM 初級倒立 Beginner Inversion (Rachel Wu)	15:00PM-16:00PM 深層拉筋 Deep Stretching (Roy Yau)	13:40PM-14:40PM 頌鉢聲療 Singing Bowl (Josephine Chan)	14:00PM-15:00PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	13:40PM-14:40PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Jeannie Fung)
15:45PM-17:00PM 自由練習堂 Practice Class	16:30PM-17:30PM 後彎提昇 Back Bending (Natalie Wong)	15:20PM-16:20PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Jenny Wong)	16:10PM-17:10PM 開髖瑜伽 Open Hip (Roy Yau)	14:50PM-15:50PM 初級空中瑜伽 Beginner Aerial Yoga (Judith Wong)	15:10PM-16:10PM 後彎提昇 Back Bending (Rachel Wu)	15:00PM-16:00PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Jeannie Fung)
17:50PM-18:50PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	17:40PM-18:40PM 瑜珈輪 Wheel Yoga (Natalie Wong)	16:40PM-17:40PM Bb班空中吊環 (旋轉) bb Aerial Hoop Spinning (Jenny Wong)	18:20PM-19:20PM 哈達瑜珈 Hatha Yoga (Rachel Wu)	16:10PM-17:10PM 瑜珈輪 Wheel Yoga (Judith Wong)	16:30PM-17:30PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	16:20PM-17:20PM 哈達瑜珈 Hatha Yoga (Candy Chow)
19:00PM-20:00PM 瑜珈輪 Wheel Yoga (Rachel Wu)	19:00PM-20:00PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Cerene Chan)	18:30PM-19:30PM 初級空中瑜伽 Beginner Aerial Yoga (Kannie Chan)	19:30PM-20:30PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	18:40PM-19:40PM 深層拉筋 Deep Stretching (Jessica Kwan)	18:00PM-19:00PM 初級空中絲帶 Silk (Newbie) (Rachel Wu)	17:30PM-18:30PM 後彎提昇 Back Bending (Candy Chow)
20:10PM-21:10PM 初級空中瑜伽 Beginner Aerial Yoga (Rachel Wu)	20:10PM-21:10PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	19:40PM-20:40PM 哈達瑜珈 Hatha Yoga (Candy Chow)	20:40PM-21:40PM 空中瑜伽 (旋轉) Aerial Yoga Spinning (Rachel Wu)	19:50PM-20:50PM 初級空中瑜伽 Beginner Aerial Yoga (Jessica Kwan)		

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- 遲到多於15分鐘 (水晶/頌鉢瑜珈 遲到多於5分鐘) 將不能進入課室，並會照扣除堂數。

ANGELLEEYOGA

Shek Mun 石門 2023 / 3月課堂時間表

星期一	星期二	星期三	星期四	星期五	星期六	星期日
			09:30AM-10:30AM 哈達瑜伽 Hatha Yoga (Janice Ng)	10:30AM-11:30AM 瑜珈輪 Wheel Yoga (Angel Lee)	09:00AM-10:00AM 開髖瑜伽 Open Hip Yoga (Sally Li)	
	10:30AM-11:30AM 初級空中瑜伽 Beginner Aerial Yoga (Demi Fung)	10:30AM-11:30AM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	10:40AM-11:40AM 開肩開胸 Shoulder Openning (Janice Ng)	11:40AM-12:40PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	10:05AM-11:05AM 初級空中瑜伽 Beginner Aerial Yoga (Sally Li)	11:10AM-12:10AM 後彎提昇 Back Bending (Hana Po)
12:00AM-13:00PM 瑜珈輪 Wheel Yoga (Karen Tsao)	11:40AM-12:40PM 瑜珈輪 Wheel Yoga (Demi Fung)	11:40AM-12:40PM 流瑜伽 Vinyasa Yoga (Angel Lee)	12:00PM-13:30PM 自由練習堂 Practice Class	13:00PM-14:00PM 初級空中絲帶 Silk (Newbie) (Demi Fung)	11:10AM-12:10PM 溫和伸展 Gentle Stretch (Kathy Szeto)	12:20AM-13:20PM 瑜珈輪 Wheel Yoga (Hana Po)
13:10PM-14:10PM 開髖瑜伽 Open Hip Yoga (Karen Tsao)	13:00PM-14:00PM 哈達瑜伽 Hatha Yoga (Ariel Tiu)	13:00PM-14:00PM 初級空中瑜伽 Beginner Aerial Yoga (Yiman Pang)	15:00PM-16:00PM 初級空中瑜伽 Beginner Aerial Yoga (Suki Chan)	14:30PM-15:30PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Jeannie Fung)	12:20PM-13:20PM 瑜珈輪 Wheel Yoga (Kathy Szeto)	13:30AM-14:30PM 香薰瑜伽 Aroma Yoga (Hana Po)
14:20PM-15:20PM 地面瑜珈 (私人班) Private Class (Karen Tsao)	14:10PM-15:10PM 初級空中瑜伽 Beginner Aerial Yoga (Ariel Tiu)	15:00PM-16:00PM 空中瑜珈/吊環 (私人班) Private Class (Angel/Jeanne)	16:10PM-17:10PM 香薰瑜伽 Aroma Yoga (Suki Chan)	15:45PM-16:45PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Jeannie Fung)	13:40PM-14:40PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Zoie Hui)	14:40PM-15:40PM 初級空中瑜伽 Beginner Aerial Yoga (Sally Li)
15:30PM-16:30PM 初級空中瑜伽 Beginner Aerial Yoga (Karen Tsao)	18:30PM-19:30PM 後彎提昇 Back Bending (Venus Luk)	17:10PM-18:10PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Jeannie Fung)	19:00PM-20:00PM 開髖瑜伽 Open Hip Yoga (Keith Wong)	17:00PM-18:00PM 兒童空中吊環 (私人班) Private Class (Jeannie Fung)	15:00PM-16:00PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Zoie Hui)	15:50PM-16:50PM 瑜珈輪 Wheel Yoga (Sally Li)
18:30PM-19:30PM 瑜珈輪 Wheel Yoga (Judith Wong)	19:50PM-20:50PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Venus Luk)	18:30PM-19:30PM 初級空中絲帶 Silk (Newbie) (Demi Fung)	20:10PM-21:10PM 深層拉筋 Deep Stretching (Keith Wong)	18:20PM-19:20PM 初級空中瑜伽 Beginner Aerial Yoga (Sally Li)	16:20PM-17:20PM 初級空中瑜伽 Beginner Aerial Yoga (Tiffany Leung)	
19:40PM-20:40PM 香薰瑜伽 Aroma Yoga (Judith Wong)		19:40PM-20:40PM 地面瑜珈 (私人班) Private Class (Demi Fung)		19:30PM-20:30PM 瑜珈輪 Wheel Yoga (Sally Li)		

- 所有課堂四人成班, 如人數不足取消課堂, 會於前一天通知。
- 所有已預約之課堂如需取消, 需於開課前24小時自行到系統取消, 否則照扣除堂數。
- 遲到多於15分鐘 (水晶/頤鉢瑜珈 遲到多於5分鐘) 將不能進入課室, 並會照扣除堂數。

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 (Suki Chan)		09:30AM-10:30AM 初級空中瑜伽 Beginner Aerial Yoga (Shita Leung)	
10:00AM-11:00AM 初級空中瑜伽 Beginner Aerial Yoga (Casley Lee)	11:00AM-12:00AM 深層拉筋 Deep Stretching (Casey Chan)	12:45PM-13:45PM 初級空中瑜伽 Beginner Aerial Yoga (Hebe Chu)	10:10AM-11:10AM 初級空中瑜伽 Beginner Aerial Yoga (Suki Chan)	10:00AM-11:00AM 開髖瑜伽 Open Hip (Demi Fung)	10:40AM-11:40AM 空中瑜伽 Aerial Yoga (Shita Leung)	10:00AM-11:00AM 空中瑜伽 (旋轉) Aerial Spinning (Zoie Hui)
11:10AM-12:10AM 瑜伽輪 Wheel Yoga (Casley Lee)	13:00PM-14:00PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Cerene Chan)	13:55PM-14:55PM 後彎提昇 Back Bending (Hebe Chu)	11:30AM-12:30PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Jenny Wong)	11:10AM-12:10PM 初級空中瑜伽 Beginner Aerial Yoga (Demi Fung)	11:50AM-12:50AM 空中伸展 Aerial Stretch (Shita Leung)	11:10PM-12:10PM 空中吊環 (旋轉) Aerial Hoop Spinning (Zoie Hui)
13:30PM-15:00PM 自由練習堂 Practice Class	14:30PM-15:30PM 初級空中瑜伽 Beginner Aerial Yoga (Giselle Lock)	15:00PM-16:00PM 自由練習堂 Practice Class (1 Hour)	12:50PM-13:50PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Jenny Wong)	13:00PM-14:00PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Rachel Wu)	13:10PM-14:10PM 初級空中絲帶 Silk (Newbie) (Demi Fung)	12:50PM-13:50PM 初級空中瑜伽 Beginner Aerial Yoga (Tiffany Leung)
15:50PM-16:50PM 空中瑜伽 (旋轉) Aerial Yoga Spinning (Zoie Hui)	15:40PM-16:40PM 開髖瑜伽 Open Hip (Giselle Lock)	16:10PM-17:10PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Cerene Chan)	14:00PM-15:30PM 自由練習堂 Practice Class	14:05PM-15:35PM 自由練習堂 Practice Class	14:30PM-15:30PM 初級空中瑜伽 Beginner Aerial Yoga (Tiffany Leung)	14:00PM-15:00PM 空中瑜伽 Aerial Yoga (Tiffany Leung)
17:00PM-18:00PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Zoie Hui)	17:00PM-18:00PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	17:20PM-18:20PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Cerene Chan)	16:30PM-17:30PM 初級空中瑜伽 Beginner Aerial Yoga (Judith Wong)	15:40PM-16:40PM 初級空中瑜伽 Beginner Aerial Yoga (Angel Lee)	15:50PM-16:50PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Nina Tang)	15:20PM-16:20PM 頌鉢聲療 Singing Bowl (Yu Chan)
19:10PM-20:10PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Siumi Cheung)	18:10PM-19:10PM 流瑜伽 Vinyasa Yoga (Angel Lee)	18:40PM-19:40PM 初級空中瑜伽 Beginner Aerial Yoga (Tiffany Leung)	18:45PM-19:45PM BB班空中吊環 (旋轉) BB Aerial Hoop Spinning (Jeannie Fung)	18:30PM-19:30PM 初級空中絲帶 Silk (Newbie) (Demi Fung)	17:40PM-18:40PM Jazz Funk (Dance Class) (Cerene / Jeannie)	16:40PM-17:40PM 瑜伽輪 Wheel Yoga (Natalie Wong)
20:20PM-21:20PM 初級空中吊環 (旋轉) Beginner Aerial Hoop Spinning (Siumi Cheung)	19:30PM-20:30PM 初級空中瑜伽 Beginner Aerial Yoga (Shita Leung)	19:50PM-20:50PM 初級空中瑜伽 (旋轉) Beginner Aerial Yoga Spinning (Rainy Ng)	20:10PM-21:40PM 空中吊環 (旋轉) *1.5小時特別班 Aerial Hoop Spinning *1.5hrs (Cerene Chan)	19:50PM-20:50PM 初級空中瑜伽 Beginner Aerial Yoga (Demi Fung)		17:50PM-18:50PM 後彎提昇 Back Bending (Natalie Wong)

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** 空中吊環(旋轉) 1.5小時特別班 需扣2堂

星期一	星期二	星期三	星期四	星期五	星期六	星期日
	09:30AM-10:30AM 晨早哈達瑜珈 Morning Yoga (Eunice Cheuk)	11:00AM-12:00PM 瘦身瑜珈 Slim Yoga (Nicole Wong)			10:30AM-11:30AM 瑜珈輪 Wheel Yoga (Kay Ku)	10:30AM-11:30AM 哈達瑜珈 Hatha Yoga (Keith Wong)
12:00AM-13:00PM 深層拉筋 Deep Stretching (Vicky Huang)	10:40AM-11:40AM 開肩開胸 Shoulder Openning (Eunice Cheuk)	12:10PM-13:10PM 哈達瑜珈 Hatha Yoga (Nicole Wong)	11:50AM-12:50PM 溫和伸展 Gentle Stretch (Kathy Szeto)	10:10AM-11:10AM 瑜珈輪 Wheel Yoga (Ariel Tiu)	11:40AM-12:40PM 流瑜珈 Vinyasa Yoga (Kay Ku)	11:40AM-12:40AM 溫和伸展 Gentle Stretch (Keith Wong)
13:10PM-14:10PM 開肩開胸 Shoulder Openning (Vicky Huang)	14:30PM-15:30PM 初級倒立 Beginner Inversion (Peony Lam)	14:30PM-15:30PM 瑜珈輪 Wheel Yoga (Yeliz Wong)	13:00PM-14:00PM 瑜珈輪 Wheel Yoga (Kathy Szeto)	11:20AM-12:20PM 哈達瑜珈 Hatha Yoga (Ariel Tiu)	13:00PM-14:00PM 哈達瑜珈 Hatha Yoga (Roy Yau)	13:00PM-14:00PM 瑜珈輪 Wheel Yoga (Sally Li)
16:30AM-17:30PM 瘦身瑜珈 Slim Yoga (Janice Ng)	15:40PM-16:40PM 哈達瑜珈 Hatha Yoga (Peony Lam)	15:40PM-16:40PM 開髖瑜珈 Open Hip (Yeliz Wong)	15:50PM-16:50PM 哈達瑜珈 Hatha Yoga (Janice Fan)	15:30PM-17:00PM 自由練習堂 Practice Class *Ground Yoga Only	14:10PM-15:10PM 後彎提昇 Back Bending (Peony Lam)	14:10PM-15:10PM 開髖瑜珈 Open Hip Yoga (Coco Koon)
17:40PM-18:40PM 香薰瑜珈 Aroma Yoga (Janice Ng)	18:00PM-19:00PM 瑜珈輪 Wheel Yoga (Suki Chan)	17:40PM-18:40PM 養生瑜珈 Yin Yoga (Roy Yau)	17:00PM-18:00PM 深層拉筋 Deep Stretching (Janice Fan)	18:00PM-19:00PM 深層拉筋 Deep Stretching (Denise Yeung)	15:20PM-16:20PM 瑜珈輪 Wheel Yoga (Peony Lam)	15:20PM-16:20PM 初級倒立 Beginner Inversion (Coco Koon)
19:00PM-20:00PM 瑜珈輪 Wheel Yoga (Ariel Tiu)	19:30PM-20:30PM 哈達瑜珈 Hatha Yoga (Candy Chow)	19:15PM-20:15PM 初級倒立 Beginner Inversion (Amanda Ma)	18:40PM-19:40PM 後彎提昇 Back Bending (Queenie Cheung)	19:10PM-20:10PM 瑜珈輪 Wheel Yoga (Denise Yeung)	16:30PM-17:30PM 開肩開胸 Shoulder Openning (Suki Chan)	
20:10PM-21:10PM 溫和伸展 Gentle Stretch (Ariel Tiu)	20:40PM-21:40PM 溫和伸展 Gentle Stretch (Candy Chow)	20:25PM-21:25PM 初級手平衡 Arm Balance (Amanda Ma)	19:50PM-20:50PM 開髖瑜珈 Open Hip (Queenie Cheung)		17:40PM-18:40PM 初級倒立 Beginner Inversion (Suki Chan)	

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