



周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday	周六 Saturday	周日 Sunday
9am Yoga 初級流	8:45am 瑜伽普拉提	9am Yoga 能量流		8:45am Yoga 初級流		9:15am Yoga 初級流
10:30am Yoga 柔術拉伸	10am Yoga 理疗瑜伽	10:30am Yoga 深度拉伸		10am Yoga 理疗瑜伽	9am Yoga 初級瑜伽	10:30am Yoga 柔術拉伸
	11:15am Yoga 瑜伽	11:45am belly fit		11:45am belly fit	10:30am Yoga 柔術拉伸	12pm Chinese Dance 中國舞基礎
		12:45pm belly fit		12:45pm belly fit	11:55am belly fit	
			1:45pm Yoga 瑜伽普拉提			
			3PM Yoga 初級流			
			4:15PM Yoga 初級流			
7pm Yoga 初級流	7:15 Belly Fit	5:45pm Yoga 理疗瑜伽				
8:30pm Yoga 柔術拉伸	8:15 Belly Yoga 初級流	7pm Yoga 柔術拉伸	7:15 Belly Fit	7pm Yoga 初級流		
				8:15pm Yoga 初級流		

周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday	周六 Saturday	周日 Sunday
9:15am Yoga 初級晨	9:30am Yoga 柔術拉伸	9:30am Yoga 初級晨	8:30am Yoga 柔術拉伸	8:30am Yoga 初級晨	9:15am Yoga 初級晨	9am Yoga 初級晨
10:30am Yoga 初級晨	10:30am Yoga 深度拉伸	10:30am Yoga 初級晨	9:30am Yoga 初級晨	9:30am Yoga 柔術拉伸	10:30am Yoga 初級晨	10:15am Yoga 柔術拉伸
	12pm Belly Fit		12pm Belly Fit			11:45am Adult Ballet
2:30pm Yoga 創前肩背操	1:15pm Belly Fit	3pm Yoga 初級晨	1:15pm Belly Fit			3pm Belly Fit
4:35 PM Yoga 現打噴血		4:15pm Yoga 柔術拉伸				
5pm Yoga 初級晨	6pm Yoga 柔術拉伸		6pm Yoga 柔術拉伸	5:45pm Yoga 冥想		6pm Yoga 初級晨
7pm Chinese Dance Basics	7pm Yoga 初級晨	7pm Belly Fit	7pm Yoga 創前肩背操	7pm Yoga 創前肩背操		7:15pm Yoga 初級晨
	1:50pm Yoga 初級晨	1:50pm Yoga 初級晨	1:50pm Yoga 初級晨	1:50pm Yoga 初級晨		

Belly Fit	燃脂肚皮舞基础
Yoga	中文瑜伽课
Ballet	成人芭蕾形体
Chinese Jazz	中国风爵士
Chinese Dance Basics	中国舞基础

中文瑜伽课类型	Type of Yoga Class	难度 (Difficulty)	强度 (出汗指数)
冥想	Meditation	*	*
理疗瑜伽	Therapy Yoga	**	**
阴瑜伽	Yin Yoga	**	**
初级流	Basic Flow	***	**
柔韧性伸展	Flexibility & Stretch	***	***
深度拉伸	Deep Stretch	****	****
能量流	Energy Flow	*****	*****
瑜伽普拉提	Yogalates	*****	***

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