

# ACTIVITIES SCHEDULE • 活動時間表

13/11	14/11	15/11	16/11	17/11	18/11	19/11
MON	TUE	WED	THU	FRI	SAT	SUN
Advanced Tai Chi 高級太極班 (Mr. Chau) 7:30am ~ 8:30am	Basic Flow 基礎流動 (Deep - Yoga Light) 7:30am ~ 8:30am	Basic Yoga 基礎瑜伽 (Hazel - Yoga Light) 7:30am ~ 8:30am	Hatha Flow 哈達流動 (Ritesh - Yoga Light) 7:30am ~ 8:30am	Morning Vinyasa 早上流瑜伽 (Mosca - Yoga Light) 7:30am ~ 8:30am	Advanced Tai Chi 高級太極班 (Mr. Chau) 7:30am ~ 8:30am	
Advanced Wing Chun (Form of Martial Arts) 高級詠春 (Mr. Chau) 8:30am ~ 9:30am	Hip & Shoulder Opening 臀肩拉感瑜伽 (Deep - Yoga Light) 9am ~ 10am	Advanced Tai Chi 高級太極班 (Mr. Chau) 8:30am ~ 9:30am	Yoga Therapy for Spine 健康脊椎瑜伽 (Paula - Yoga Light) 9am ~ 10am	Advanced Tai Chi 高級太極班 (Mr. Chau) 8:30am ~ 9:30am	Fan Class 扇班 (Mr. Chau) 8:30am ~ 9am	
Beginners Tai Chi 初級太極班 (Mr. Chau) 9:30am ~ 10am		Advanced Wing Chun (Form of Martial Arts) 高級詠春 (Mr. Chau) 9:30am ~ 10am		Advanced Wing Chun (Form of Martial Arts) 高級詠春 (Mr. Chau) 9:30am ~ 10am	Beginners Tai Chi 初級太極班 (Mr. Chau) 9am ~ 9:30am	Basic Yoga 基礎瑜伽 (Vera - Yoga Light) 11:30am ~ 12:30pm
Tabata Training 間歇訓練 (Josephine) 1:15pm ~ 2:15pm	Tabata Training 間歇訓練 (Josephine) 1:15pm ~ 2:15pm		Yoga 瑜伽 (Joe Ma) 1:15pm ~ 2:15pm	Detox Yoga 排毒瑜伽 (Mosca - Yoga Light) 1:15pm ~ 2:15pm		
Cardio Kick Boxing 拳擊健美班 (Joe Ma) 6:30pm ~ 7:30pm	Basic Yoga 基礎瑜伽 (Hazel - Yoga Light) 6:30pm ~ 7:30pm		Stretch & Relax 放鬆伸展 (Vera - Yoga Light) 6:30pm ~ 7:30pm	Aerobics 健康舞班 (Joe Ma) 6:30pm ~ 7:30pm	Steps & Weights 踏板及啞鈴健身 (Joe Ma) 5pm ~ 6pm	
20/11	21/11	22/11	23/11	24/11	25/11	26/11
MON	TUE	WED	THU	FRI	SAT	SUN
Advanced Tai Chi 高級太極班 (Mr. Chau) 7:30am ~ 8:30am	Basic Flow 基礎流動 (Deep - Yoga Light) 7:30am ~ 8:30am	Hatha Yoga 哈達瑜伽 (Ritesh - Yoga Light) 7:30am ~ 8:30am	Hatha Flow 哈達流動 (Ritesh - Yoga Light) 7:30am ~ 8:30am	Morning Vinyasa 早上流瑜伽 (Mosca - Yoga Light) 7:30am ~ 8:30am	Advanced Tai Chi 高級太極班 (Mr. Chau) 7:30am ~ 8:30am	
Advanced Wing Chun (Form of Martial Arts) 高級詠春 (Mr. Chau) 8:30am ~ 9:30am	Hip & Shoulder Opening 臀肩拉感瑜伽 (Deep - Yoga Light) 9am ~ 10am	Advanced Tai Chi 高級太極班 (Mr. Chau) 8:30am ~ 9:30am	Yoga Therapy for Spine 健康脊椎瑜伽 (Paula - Yoga Light) 9am ~ 10am	Advanced Tai Chi 高級太極班 (Mr. Chau) 8:30am ~ 9:30am	Fan Class 扇班 (Mr. Chau) 8:30am ~ 9am	
Beginners Tai Chi 初級太極班 (Mr. Chau) 9:30am ~ 10am		Advanced Wing Chun (Form of Martial Arts) 高級詠春 (Mr. Chau) 9:30am ~ 10am		Advanced Wing Chun (Form of Martial Arts) 高級詠春 (Mr. Chau) 9:30am ~ 10am	Beginners Tai Chi 初級太極班 (Mr. Chau) 9am ~ 9:30am	Hatha Yoga 哈達瑜伽 (Elaine - Yoga Light) 11:30am ~ 12:30pm
Tabata Training 間歇訓練 (Josephine) 1:15pm ~ 2:15pm	Tabata Training 間歇訓練 (Josephine) 1:15pm ~ 2:15pm		Yoga 瑜伽 (Joe Ma) 1:15pm ~ 2:15pm	Detox Yoga 排毒瑜伽 (Mosca - Yoga Light) 1:15pm ~ 2:15pm		
Cardio Kick Boxing 拳擊健美班 (Joe Ma) 6:30pm ~ 7:30pm	Basic Yoga 基礎瑜伽 (Vera - Yoga Light) 6:30pm ~ 7:30pm		Stretch & Relax 放鬆伸展 (Vera - Yoga Light) 6:30pm ~ 7:30pm	Aerobics 健康舞班 (Joe Ma) 6:30pm ~ 7:30pm	Steps & Weights 踏板及啞鈴健身 (Joe Ma) 5pm ~ 6pm	

\* Activities schedule is subject to change without prior notice.  
以上活動如有更改，恕不另行通知。

