

# ACTIVITIES SCHEDULE • 活動時間表

18/3	19/3	20/3	21/3	22/3	23/3	24/3
MON	TUE	WED	THU	FRI	SAT	SUN
Advanced Tai Chi 高級太極班 (Mr. Chau) 7:30am – 8:30am	Hatha Yoga 哈達瑜伽 (Yoga Light) 7:30am – 8:30am	Hip & Shoulder Opening 開髖及開肩瑜伽 (Yoga Light) 7:30am – 8:30am	Hatha Flow 哈達流動 (Yoga Light) 7:30am – 8:30am	Morning Vinyasa 早上流瑜伽 (Yoga Light) 7:30am – 8:30am	Advanced Tai Chi 高級太極班 (Mr. Chau) 7:30am – 8:30am	
Advanced Wing Chun 高級詠春 (Mr. Chau) 8:30am – 9:30am	Hip & Shoulder Opening 開髖及開肩瑜伽 (Yoga Light) 9am – 10am	Advanced Tai Chi 高級太極班 (Mr. Chau) 8:30am – 9:30am	Yoga Therapy for Spine 瑜伽理療-脊椎 (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 高級詠春 (Mr. Chau) 9:30am – 10am		Advanced Wing Chun 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 (Yoga Light) 10:15am – 11:15am	
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 (Yoga Light) 1:15pm – 2:15pm	Yin Yoga 陰瑜伽 (Yoga Light) 11:30am – 12:30pm	Basic Yoga 基礎瑜伽 (Yoga Light) 11:30am – 12:30pm
Cardio Kick Boxing 拳擊健美班 (Joe Ma) 6:30pm – 7:30pm	Basic Yoga 基礎瑜伽 (Yoga Light) 6:30pm – 7:30pm		Detox Yoga 排毒瑜伽 (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) 4:30pm – 5:30pm	
25/3	26/3	27/3	28/3	29/3	30/3	31/3
MON	TUE	WED	THU	FRI	SAT	SUN
Advanced Tai Chi 高級太極班 (Mr. Chau) 7:30am – 8:30am	Gentle Flow 溫和流動瑜伽 (Yoga Light) 7:30am – 8:30am	Basic Yoga 基礎瑜伽 (Yoga Light) 7:30am – 8:30am	Hatha Flow 哈達流動 (Yoga Light) 7:30am – 8:30am	Morning Vinyasa 早上流瑜伽 (Yoga Light) 7:30am – 8:30am	Advanced Tai Chi 高級太極班 (Mr. Chau) 7:30am – 8:30am	
Advanced Wing Chun 高級詠春 (Mr. Chau) 8:30am – 9:30am	Hip & Shoulder Opening 開髖及開肩瑜伽 (Yoga Light) 9am – 10am	Advanced Tai Chi 高級太極班 (Mr. Chau) 8:30am – 9:30am	Yoga Therapy for Spine 瑜伽理療-脊椎 (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 高級詠春 (Mr. Chau) 9:30am – 10am		Advanced Wing Chun 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 (Yoga Light) 10:15am – 11:15am	
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	Slow Vinyasa 慢流瑜伽 (Yoga Light) 1:15pm – 2:15pm	Yin Yoga 陰瑜伽 (Yoga Light) 11:30am – 12:30pm	Basic Yoga 基礎瑜伽 (Yoga Light) 11:30am – 12:30pm
Cardio Kick Boxing 拳擊健美班 (Joe Ma) 6:30pm – 7:30pm	Basic Yoga 基礎瑜伽 (Yoga Light) 6:30pm – 7:30pm		Detox Yoga 排毒瑜伽 (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) 4:30pm – 5:30pm	

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

