

ACTIVITIES SCHEDULE • 活動時間表

| 10/6 | 11/6 | 12/6 | 13/6 | 14/5 | 15/6 | 16/6 |
|---|---|--|---|---|--|---|
| 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 | Basic Yoga 基礎瑜伽 (Yoga Light) 7:30am - 8:30am | Slow Vinyasa 慢流瑜伽 (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 | Relax & Stretch 放鬆和伸展 (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 | Hip & Shoulder Opening 開髖及開肩瑜伽 (Yoga Light) 11:30am - 12:30pm | Basic Yoga 基礎瑜伽 (Yoga Light) 11:30am - 12:30pm |
| | 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 | |
| 17/6 | 18/6 | 19/6 | 20/6 | 21/6 | 22/6 | 23/6 |
| 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 | Basic Yoga 基礎瑜伽 (Yoga Light) 7:30am - 8:30am | Slow Vinyasa 慢流瑜伽 (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 | Relax & Stretch 放鬆和伸展 (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 | International Yoga Day |
| 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 | 國際瑜伽日 8am - 10am |
| | | | | | 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 | |

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

