



LET'S fit

Tsim Sha Tsui April 2021 Schedule

Hot Stone Room (Room B)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:00			Relaxing Stretch Yoga 放鬆伸展瑜伽		Yoga Bou 瑜珈棒	TRX cross training 極速瘦身訓練	Relaxing Stretch Yoga 放鬆伸展瑜伽
11:00	Yoga Bou 瑜珈棒			TRX cross training 極速瘦身訓練			
11:15			Wheel Yoga 瑜珈輪		Slim Yoga 消脂瑜伽		
11:30		TRX cross training 極速瘦身訓練					Slim Yoga 消脂瑜伽
11:45						Relaxing Stretch Yoga 放鬆伸展瑜伽	
12:15	Relaxing Stretch Yoga 放鬆伸展瑜伽						
12:30							
13:00		Tabata 爆汗消脂班				Detox Yoga 排毒瑜珈	
14:15							TRX cross training 極速瘦身訓練
14:30						Yin Yang Yoga 陰陽瑜珈	
15:30							Detox Yoga 排毒瑜珈
15:45						Tabata 爆汗消脂班	
17:00	60分鐘岩盤浴						
18:30	Relaxing Stretch Yoga 放鬆伸展瑜伽		Booty workout 翹臀訓練	Yin Yang Yoga 陰陽瑜珈	Hatha Yoga 傳統瑜珈		
18:45		TRX cross training 極速瘦身訓練					
19:30	Slim Yoga 消脂瑜珈		TRX cross training 極速瘦身訓練	TRX cross training 極速瘦身訓練	Detox Yoga 排毒瑜珈		
20:00		Pilates 痛症治療班					
20:45	Wheel Yoga 瑜珈輪		4D Pro Bungee Fitness	Killer Circuit 半圓球平衡訓練	Wheel Yoga 瑜珈輪		
21:00		Pilates 痛症治療班					

Room A

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30							TRX cross training 極速瘦身訓練
11:30						Pilates 痛症治療班	
11:45							Push Up Training 美胸修背班
12:15				Tabata 爆汗消脂班			
14:00							Yin Yang Yoga 陰陽瑜珈
14:15						HIIT 高強度間歇訓練	
15:30						Hatha Yoga 傳統瑜珈	Super Sexy Fit 曲線塑造班
17:00							
18:30	TRX cross training 極速瘦身訓練	Slim Yoga 消脂瑜珈	Detox Yoga 排毒瑜珈	Aerobic Fitness 有氧消脂健身	Body Combat 動感泰拳班		
19:30	Pilates 痛症治療班	Wheel Yoga 瑜珈輪	Relaxing Stretch Yoga 放鬆伸展瑜伽	Slim Yoga 消脂瑜珈	TRX cross training 極速瘦身訓練		
20:45	4D Pro Bungee Fitness	Detox Yoga 排毒瑜珈	Slim Yoga 消脂瑜珈	Relaxing Stretch Yoga 放鬆伸展瑜伽	Tabata 爆汗消脂班		

Remark: 所有課程上課時間為 1小時