



LET'S fit

Tsuen Wan April 2021 Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30				Detox Yoga 排毒瑜珈			
	TRX cross training 極速瘦身訓練		TRX cross training 極速瘦身訓練	TRX cross training 極速瘦身訓練		TRX cross training 極速瘦身訓練	TRX cross training 極速瘦身訓練
10:45					TRX cross training 極速瘦身訓練		
11:45				Wheel Yoga 瑜珈輪		Relaxing Stretch Yoga 放鬆伸展瑜珈	
	Killer Circuit (Bosu + Band)	TRX cross training 極速瘦身訓練				Killer Circuit (Bosu + Band)	
12:00	Yoga Ring 瑜珈伸展環		Slim Yoga 消脂瑜珈		Aerial Stretch Yoga 空中伸展瑜珈		Slim Yoga 消脂瑜珈
			Pilates 痛症治癒班	Core training 重塑腰線訓練	Tabata 爆汗消脂班		Booty Workout 翹臀訓練
13:00		Wheel Yoga 瑜珈輪				Wheel Yoga 瑜珈輪	
		Aerobic Fitness (cross train)				4D Pro Bungee Fitness	
13:15							Relaxing Stretch Yoga 放鬆伸展瑜珈
13:30			Relaxing Stretch Yoga 放鬆伸展瑜珈				
14:00	60分鐘岩盤浴						
14:30	Aerial Yoga 空中瑜珈	Slim Yoga 消脂瑜珈					TRX cross training 極速瘦身訓練
15:00					Wheel Yoga 瑜珈輪	Detox Yoga 排毒瑜珈	Aerial Yoga 空中瑜珈
15:15						TRX cross training 極速瘦身訓練	
15:45							Pilates 痛症治癒班
16:00							
16:30						Aerial Stretch Yoga 空中伸展瑜珈	Wheel Yoga 瑜珈輪
18:30	Relaxing Stretch Yoga 放鬆伸展瑜珈	Slim Yoga 消脂瑜珈		Slim Yoga 消脂瑜珈	Yoga Ring 瑜珈伸展環		
	Pilates 痛症治癒班			TRX cross training 極速瘦身訓練	Push up training 美胸修背班		
19:30	Slim Yoga 消脂瑜珈	Relaxing Stretch Yoga 放鬆伸展瑜珈	Wheel Yoga 瑜珈輪	Aerial Beginner 初級空中瑜珈	Slim Yoga 消脂瑜珈		
	Core training 重塑腰線訓練	TRX cross training 極速瘦身訓練	Pilates 痛症治癒班	Bikini-fit 曲線塑造訓練	Tabata 爆汗消脂班		
20:45	Wheel Yoga 瑜珈輪	Aerial Yoga 空中瑜珈	Relaxing Stretch Yoga 放鬆伸展瑜珈				
		4D Pro Bungee Fitness	TRX cross training 極速瘦身訓練	Pilates 痛症治癒班	Body Combat 動感泰拳班		

Remark: 所有課程上課時間為60分鐘