



LET'S fit

Tsim Sha Tsui May 2022 Schedule

Hot Stone Room (Room B)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:00			Relaxing Stretch Yoga 放鬆伸展瑜珈	Wheel Yoga 瑜伽輪	Slim Yoga 消脂瑜珈		
10:15						Pilates 痛症治療班	Relaxing Stretch Yoga 放鬆伸展瑜珈
10:30	Yoga Bou 瑜珈棒	壺鈴線條訓練 Kettle Bell Training					
11:15			Wheel Yoga 瑜伽輪	TRX cross training 極速瘦身訓練	Yoga Bou 瑜珈棒	TRX cross training 極速瘦身訓練	
11:30		4D Pro Bungee Fitness					Slim Yoga 消脂瑜珈
11:45	Relaxing Stretch Yoga 放鬆伸展瑜珈						
12:30		Detox Yoga 排毒瑜珈				Relaxing Stretch Yoga 放鬆伸展瑜珈	
12:45							
13:30			蜜桃臀訓練 Sexy Booty Training			Slim Yoga 消脂瑜珈	
14:00	Let's Fight 消脂格鬥班				Let's Fight 消脂格鬥班		
14:15							TRX cross training 極速瘦身訓練
14:30			Slim Yoga 消脂瑜珈			Yin Yang Yoga 陰陽瑜珈	
15:00							
15:30	Super Sexy Fit 曲線塑造班		Pilates 痛症治療班			Wheel Yoga 瑜珈輪	Detox Yoga 排毒瑜珈
16:00		Hatha Yoga 傳統瑜珈		Yoga For Beginner 基礎瑜珈			
17:30					Burn Fat Circuit 特強消脂訓練		
18:30	Relaxing Stretch Yoga 放鬆伸展瑜珈		Let's Get Fit 全身訓練	Hatha Yoga 傳統瑜珈	Hot 26 Yoga		
18:45		Pilates 痛症治療班					
19:30	Slim Yoga 消脂瑜珈		TRX cross training 極速瘦身訓練	Slim Yoga 消脂瑜珈	Yin Yang Yoga 陰陽瑜珈		
20:00		TRX cross training 極速瘦身訓練					
20:30	Wheel Yoga 瑜珈輪		Girls Can Do It 女力訓練	Hot 26 Yoga	Myofascial release 深層筋膜放鬆		
21:00		Pilates 痛症治療班					

Remark: 所有課程上課時間為60分鐘

*** 所有星期一至五的公眾假期將隨星期日的時間表進行 ***



LET'S fit

Tsim Sha Tsui May 2022 Schedule

Cold Room (Room A)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30						Aerial Beginner 初級空中瑜珈	
11:00							
11:30		Aerial Yoga 空中瑜珈		Aerial Beginner 初級空中瑜珈			
11:45						Aerial hammock 空中單點吊床	4D Pro Bungee Fitness
14:00							Aerial Beginner 初級空中瑜珈
14:15						Shape Up Training 強化肌力塑身訓練	
15:30							Zumba 有氧健身舞
						Tabata 爆汗消脂班	
17:00			Aerial Hoop 空中呼拉圈				
17:30				Zumba 有氧健身舞			
18:30	TRX cross training 極速瘦身訓練	Slim Yoga 消脂瑜珈	Wheel Yoga 瑜珈輪	HIIT 高強度間歇訓練	4D Pro Bungee Fitness		
19:30	4D Pro Bungee Fitness	Wheel Yoga 瑜珈輪	Relaxing Ring Yoga 瑜珈伸展環	Shape Up Training 強化肌力塑身訓練	Core Training 人魚線塑造班		
20:30		Detox Yoga 排毒瑜珈		Tabata 爆汗消脂班			
20:45			Aerial Hoop 空中呼拉圈				

Gym Area (Room C)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:45							爆汗消脂泰拳班 Burn Fat Thai Boxing
12:00							
12:30				爆汗消脂泰拳班 Burn Fat Thai Boxing			
15:30							爆汗消脂泰拳班 Burn Fat Thai Boxing
17:30	爆汗消脂泰拳班 Burn Fat Thai Boxing						
18:45		Sexy Booty & Lean Legs		女子訓練 Girls can do it			
20:00	重力訓練 Wonder Women	重力訓練 Wonder Women		蜜桃臀訓練 Sexy Booty Training	女子訓練 Girls can do it		
20:30			爆汗消脂泰拳班 Burn Fat Thai Boxing				

Remark: 所有課程上課時間為60分鐘

*** 所有星期一至五的公眾假期將隨星期日的時間表進行 ***