



LET'S fit

### Tsuen Wan May 2022 Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30				Relaxing Stretch Yoga 放鬆伸展瑜伽			Detox Yoga 排毒瑜伽
	Bikini-fit 曲線塑造訓練				Booty Workout 翹臀訓練		TRX cross training 極速瘦身訓練
10:45		TRX cross training 極速瘦身訓練			Inside firming training 盆底肌肉訓練		
11:00			Core training 重塑腰線訓練				
11:15						Relaxing Stretch Yoga 放鬆伸展瑜伽	
11:45				Wheel Yoga 瑜伽輪	Aerial Yoga 空中瑜伽		Slim Yoga 消脂瑜伽
	4D Pro Bungee Fitness					HIIT 高強度間歇式訓練	
12:00	Detox Yoga 排毒瑜伽		Slim Yoga 消脂瑜伽				
		Body Combat Beginner 初級動感泰拳班		Core training 重塑腰線訓練	Tabata 爆汗消脂班		Booty Workout 翹臀訓練
12:15			Pilates 痛症治療班			Detox Yoga 排毒瑜伽	
13:00		Wheel Yoga 瑜伽輪				Relaxing Stretch Yoga 放鬆伸展瑜伽	
					Body Combat Beginner / LV.2 動感泰拳班		Relaxing Stretch Yoga 放鬆伸展瑜伽
13:30			Relaxing Stretch Yoga 放鬆伸展瑜伽				Wheel Yoga 瑜伽輪
14:00							60分鐘岩盤浴
						Muscle Fit 豐胸提臀美腿班	4D Pro Bungee Fitness
14:30	Aerial Beginner 初級空中瑜伽	Slim Yoga 消脂瑜伽				60分鐘岩盤浴	
15:00							Aerial Yoga 空中瑜伽
15:15					Wheel Yoga 瑜伽輪	TRX cross training 極速瘦身訓練	Pilates 痛症治療班
15:30	60分鐘岩盤浴					Slim Yoga 消脂瑜伽	
15:45							
16:30				Aerial Yoga 空中瑜伽			Wheel Yoga 瑜伽輪
16:45		Core training 重塑腰線訓練				Aerial Stretch Yoga 空中伸展瑜珈	
17:00							
18:30	Slim Yoga 消脂瑜伽	Relaxing Stretch Yoga 放鬆伸展瑜伽			Slim Yoga 消脂瑜伽	Yoga Ring 瑜伽伸展環	
	Let's Fight 格鬥消脂班	Killer Circuit (Bosu + Band)			TRX cross training 極速瘦身訓練	TRX cross training 極速瘦身訓練 - 初階班	
19:30	Relaxing Stretch Yoga 放鬆伸展瑜伽	Slim Yoga 消脂瑜伽	Wheel Yoga 瑜伽輪	Aerial Beginner 初級空中瑜伽	Detox Yoga 排毒瑜伽		
	Booty Workout 翹臀訓練	TRX cross training 極速瘦身訓練	Pilates 痛症治療班	Bikini-fit 曲線塑造訓練 - 進階班	Tabata 爆汗消脂班		
20:45	Wheel Yoga 瑜伽輪	Aerial Yoga 空中瑜伽	Relaxing Stretch Yoga 放鬆伸展瑜伽	陰陽瑜伽 Yin Yong Yoga			
	Killer Circuit 平衡核心肌肉訓練	HIIT 高強度間歇式訓練	TRX cross training 極速瘦身訓練	Pilates 痛症治療班	Body Combat Beginner / LV.2 動感泰拳班		

Remark: 所有課程上課時間為 60分鐘

荃灣分店所有課程均在岩盤浴房進行