



LET'S fit

## Tsim Sha Tsui July 2022 Schedule

### Hot Stone Room ( Room B )

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:00			Relaxing Stretch Yoga 放鬆伸展瑜伽	Wheel Yoga 瑜伽輪	Slim Yoga 消脂瑜伽		
10:15						Pilates 痛症治療班	Relaxing Stretch Yoga 放鬆伸展瑜伽
10:30	Yoga Bou 瑜珈棒	壺鈴線條訓練 Kettle Bell Training					
11:00				TRX cross training 極速瘦身訓練			
11:15			Wheel Yoga 瑜伽輪		Yoga Bou 瑜珈棒	TRX cross training 極速瘦身訓練	
11:30		4D Pro Bungee Fitness					Slim Yoga 消脂瑜伽
11:45	Relaxing Stretch Yoga 放鬆伸展瑜伽						
12:30		Detox Yoga 排毒瑜珈	Core Training 人魚線塑造班			Relaxing Stretch Yoga 放鬆伸展瑜伽	
12:45							
13:30			Let's Be Sexy 火辣腰臀訓練班	Let's Burn 燃脂訓練營		Slim Yoga 消脂瑜伽	
14:00					Let's Fight 消脂格鬥班		
14:15							TRX cross training 極速瘦身訓練
14:30			Slim Yoga 消脂瑜伽	Let's Be Sexy 火辣腰臀訓練班		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				Yoga For Beginner 基礎瑜珈			
16:30		Hatha Yoga 傳統瑜珈				Hot 26 Yoga	
17:00			Slim Yoga 消脂瑜伽				
17:30		Vinyasa Yoga 流瑜珈		Yin Yang Yoga 陰陽瑜珈	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	Relaxing Stretch Yoga 放鬆伸展瑜珈		
18:45		Pilates 痛症治療班					
19:30	Wheel Yoga 瑜珈輪		TRX cross training 極速瘦身訓練	Slim Yoga 消脂瑜珈	Slim Yoga 消脂瑜珈		
20:00		TRX cross training 極速瘦身訓練					
20:30	Vinyasa Yoga 流瑜珈		Super Sexy Fit 曲線塑造班	Hot 26 Yoga	Vinyasa Yoga 流瑜珈		
21:00		Pilates 痛症治療班					

Remark: 所有課程上課時間為60分鐘



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## Tsim Sha Tsui July 2022 Schedule

### Cold Room ( Room A )

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30						Aerial Beginner 初級空中瑜珈	Tabata 爆汗消脂班
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
12:00				Burn Fat Thai Boxing 爆汗消脂泰拳班			
13:00				Aerial Hoop 空中呼拉圈			Zumba 有氧健身舞
14:00							Aerial Beginner 初級空中瑜珈
14:30						Tabata 爆汗消脂班	
15:30							Burn Fat Thai Boxing 爆汗消脂泰拳班
						Shape Up Training 強化肌力塑身訓練	
16:30						HIIT 高強度間歇訓練	
17:30	TRX cross training 極速瘦身訓練			Belly Dance 肚皮舞			
18:15			Relaxing Ring Yoga 瑜伽伸展環				
18:30	Let's Fight 消脂格鬥班	Sexy Booty & Lean Legs		HIIT 高強度間歇訓練	TRX x Tabata 極速瘦身訓練 x 爆汗消脂		
19:30	Sexy Booty Training 蜜桃臀訓練	Yin Yoga 陰瑜珈	Aerial Hoop 空中呼拉圈	Shape Up Training 強化肌力塑身訓練	4D Pro Bungee Fitness		
20:30		Slim Yoga 消脂瑜珈	Burn Fat Thai Boxing 爆汗消脂泰拳班	Tabata 爆汗消脂班			

Remark: 所有課程上課時間為60分鐘