

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
10:30				Relaxing Stretch Yoga 放鬆伸展瑜伽		Wheel Yoga 瑜伽輪	Detox Yoga 排毒瑜伽	
	Bikini-fit 曲線塑造訓練			Core Training 人魚線塑造班		TRX cross training 極速瘦身訓練	TRX cross training 極速瘦身訓練 - 進階班	
10:45		TRX cross training 極速瘦身訓練			Inside firming training 盆底肌肉訓練			
11:00			Booty Workout 翹臀訓練					
11:45				Wheel Yoga 瑜伽輪	Aerial Yoga 空中瑜伽	Relaxing Stretch Yoga 放鬆伸展瑜伽	Slim Yoga 消脂瑜伽	
	4D Pro Bungee Fitness			Pilates 痛症治療班		Let's Fight 格鬥消脂班	Pilates 痛症治療班	
12:00	Slim Yoga 消脂瑜伽		Slim Yoga 消脂瑜伽					
		Body Combat Beginner 初級動感泰拳班			Tabata 爆汗消脂班			
12:15			Core Training 人魚線塑造班					
13:00		Wheel Yoga 瑜伽輪			Relaxing Stretch Yoga 放鬆伸展瑜伽	Detox Yoga 排毒瑜伽	Relaxing Stretch Yoga 放鬆伸展瑜伽	
13:30			Relaxing Stretch Yoga 放鬆伸展瑜伽					
14:00						60分鐘岩盤浴	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						
15:00						Slim Yoga 消脂瑜伽	Aerial Yoga 空中瑜伽	
15:15					Wheel Yoga 瑜伽輪	TRX cross training 極速瘦身訓練	Booty Workout 翹臀訓練	
15:30	60分鐘岩盤浴							
15:45								
16:30				Aerial Yoga 空中瑜伽			Hatha Yoga 傳統瑜伽	Wheel Yoga 瑜伽輪
16:45		Core Training 人魚線塑造班						
17:00								
18:30	Yoga Bou 瑜珈棒	Relaxing Stretch Yoga 放鬆伸展瑜伽		Slim Yoga 消脂瑜伽	Yoga Ring 瑜珈伸展環			
	Burn Fat Thai Boxing 爆汗消脂泰拳班	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	Hatha Yoga 傳統瑜伽	Yoga Bou 瑜珈棒			
	Burn Fat Circuit 特強消脂訓練	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