



LET'S fit

Tsim Sha Tsui 1st - 16th August 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 瑜珈輪	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	曲線塑造班 Bikini-Fit					
11:15			Wheel Yoga 瑜珈輪	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		TRX x Bous 極速瘦身 x 平衡核心肌肉					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	Core Training 人魚線塑造班			Relaxing Stretch Yoga 放鬆伸展瑜珈	
12:45							
13:30			Let's Be Sexy 火辣腰臀訓練班			Slim Yoga 消脂瑜珈	
14:00					Let's Fight 消脂格鬥班		
14:15							TRX cross training 極速瘦身訓練
14:30	Let's Be Sexy 火辣腰臀訓練班		Slim Yoga 消脂瑜珈			Yin Yang Yoga 陰陽瑜珈	
15:00							
15:30	曲線塑造班 Bikini-Fit		Pilates 痛症治療班		Super Sexy Fit 曲線塑造班	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 消脂瑜珈				
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 Fight 消脂格鬥班	Let's Get Fit 全身訓練	Hatha Yoga 傳統瑜珈	TRX x Tabata 極速瘦身訓練 x 爆汗消脂		
19:30	Wheel Yoga 瑜珈輪	Pilates 痛症治療班	TRX cross training 極速瘦身訓練	Slim Yoga 消脂瑜珈	Slim Yoga 消脂瑜珈		
20:30	Vinyasa Yoga 流瑜珈	TRX cross training 極速瘦身訓練	Super Sexy Fit 曲線塑造班	Hot 26 Yoga	Wheel Yoga 瑜珈輪		
21:30		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 1st - 16th August 2022 Schedule

Cold Room (Room A)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30						Aerial Beginner 初級空中瑜珈	Burn Fat Thai Boxing 爆汗消脂泰拳班
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
12:30				Burn Fat Thai Boxing 爆汗消脂泰拳班			
13:00							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			Zumba 有氧健身舞			
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	Aerial Yoga 空中瑜珈		
19:30	Let's Be Sexy 火辣腰臀訓練班	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