

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun | |
|-------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|----------------------------|--------------------------------------|------------------------------------|---------------------------------|
| 10:30 | | | | Relaxing Stretch Yoga 放鬆伸展瑜伽 | | | Wheel Yoga 瑜伽輪 | Slim Yoga 消脂瑜伽 |
| | 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 盆底肌肌肉訓練 | | |
| 11:00 | | | Core Training 人魚線塑造班 | | | | | |
| 11:45 | | | | Wheel Yoga 瑜伽輪 | Aerial Yoga 空中瑜伽 | Relaxing Stretch Yoga 放鬆伸展瑜伽 | Detox Yoga 排毒瑜伽 | |
| | 4D Pro Bungee Fitness | | | | Core Training 人魚線塑造班 | | | Let's Fight 格鬥消脂班 |
| 12:00 | Slim Yoga 消脂瑜伽 | Body Combat Beginner 初級動感泰拳班 | Slim Yoga 消脂瑜伽 | | | Tabata 爆汗消脂班 | | |
| 12:15 | | | Pilates 痛症治療班 | | | | | |
| 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 |
| 13:15 | | | Hip Oening 開髖瑜伽 | | | | | |
| 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 | | | | | | |
| 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 | Pilates 痛症治療班 | |
| 15:30 | 60分鐘岩盤浴 | | | | | | | |
| 16:15 | | | | | | Beginner Yoga 初級瑜伽 | Wheel Yoga 瑜伽輪 | |
| 16:30 | | | | Detox Yoga 排毒瑜伽 | | | | |
| 16:45 | Aerobic Fitness 有氧健身 | | | | | | | |
| 17:00 | | | | | | | | |
| 18:30 | Yoga Bou 瑜伽棒 | Relaxing Stretch Yoga 放鬆伸展瑜伽 | | | Slim Yoga 消脂瑜伽 | Yoga Ring 瑜伽伸展環 | | |
| | 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 | Slim Yoga 消脂瑜伽 | Aerial Beginner 初級空中瑜伽 | Slim Yoga 消脂瑜伽 | | | |
| | Booty Workout 翹臀訓練 | TRX cross training 極速瘦身訓練 | | | Bikini-fit 曲線塑造訓練 - 進階班 | Tabata 爆汗消脂班 | | |
| 20:00 | | | Pilates 痛症治療班 | | | | | |
| 20:45 | Wheel Yoga 瑜伽輪 | Aerial Yoga 空中瑜伽 | Relaxing Stretch Yoga 放鬆伸展瑜伽 | Beginner Yoga 初級瑜伽 | Yoga Bou 瑜伽棒 | | | |
| | Burn Fat Circuit 特強消脂訓練 | 4D Pro Bungee Fitness | | | Pilates 痛症治療班 | Body Combat Beginner / LV.2 動感泰拳班 | | |
| 21:00 | | | TRX cross training 極速瘦身訓練 | | | | | |