

# MAYOGA TIMETABLE // July 2020

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
伸展瑜伽 10:00am Katherine ( 2Credit )	初級空中瑜伽 10:00am May ( 2.5Credit )		全身瘦課程 10:00am Mandy ( 2Credit )			
全身瘦課程 11:15am Katherine ( 2Credit )	瑜伽輪 11:15am May ( 2Credit )	哈達瑜伽 11:15am Irene ( 2Credit )	伸展瑜伽 11:15am Mandy ( 2Credit )		全身瘦課程 11:00am Lilise ( 2Credit )	私人課堂
初級伸展瑜伽 12:30pm Ariel ( 2Credit )	全身瘦課程 12:30pm Mandy ( 2Credit )	初級空中瑜伽 12:30pm Irene ( 2.5Credit )		伸展瑜伽 12:30pm May ( 2Credit )	治療瑜伽 12:15pm Lilise ( 2Credit )	私人課堂
	哈達瑜伽 13:45pm Mandy ( 2Credit )			初級空中瑜伽 13:45pm May ( 2Credit )	伸展瑜伽 01:30pm May ( 2Credit )	
					空中瑜伽 02:45pm May ( 2.5Credit )	
全身瘦課程 05:15pm Wawa ( 2Credit )	輕鬆瘦身瑜伽 05:15pm Ariel ( 2Credit )	伸展瑜伽 05:15pm Irene ( 2Credit )	初級空中瑜伽 05:15pm May ( 2.5Credit )	空中瑜伽 06:30pm May ( 2.5Credit )		
瑜伽輪 06:30pm Wawa ( 2Credit )	伸展瑜伽 06:30pm Lilise ( 2Credit )	後灣流 06:30pm Bella ( 2Credit )	全身瘦課程 06:30pm May ( 2Credit )	伸展瑜伽 07:40pm May ( 2Credit )		
初級空中瑜伽 07:45pm Wawa ( 2.5Credit )	瑜伽輪 07:45pm Lilise ( 2Credit )	睡得好伸展瑜伽 07:45pm Bella ( 2Credit )	治療瑜伽 07:45pm May ( 2Credit )	瘦身瑜伽 08:45pm May ( 2Credit )		



\*所有課堂時間60分鐘,除特別課堂外

\*每堂最少2人成班,如有任何更改或取消將會6小時前通知已預約的學員

\*已預約的課堂如要取消,必須於課堂前6小時前通知,不足6小時者將會如常扣課堂套票

\*建議於上課前2小時作適量的飲食,穿舒適運動服裝,且於課堂前10分鐘到達