

|                 | Time      | 2017/5/22<br>Mon                 | 2017/5/23<br>Tue                          | 2017/5/24<br>Wed                  | 2017/5/25<br>Thu                         | 2017/5/26<br>Fri                          | 2017/5/27<br>Sat                             | 2017/5/28<br>Sun                 |
|-----------------|-----------|----------------------------------|---|-----------------------------------|--|---|--|----------------------------------|
| <b>Studio A</b> |           |                                  |   |                                   |  |   |  |                                  |
| 1               | 0700-0800 |                                  | Sun Series<br>拜日式系列<br>Inder              |                                   | Gentle Yoga<br>溫瑜珈<br>Pat                |   |  |                                  |
| 2               | 1030-1130 | Yoga Therapy<br>瑜珈療法<br>Inder    | Hatha Yoga<br>哈達瑜珈<br>Anny                | Yogalates<br>瑜珈提斯<br>Carry        | Yoga Stretch I<br>伸展瑜珈 I<br>Roushan/Abby |   | 1030-1130<br>冥想呼吸法 PM<br>Roushan/Judy        | 1030-1130<br>溫瑜珈 GY<br>Jitu      |
| 3               | 1210-1310 | Yin Yoga<br>陰瑜珈<br>Inder         | Gentle Yoga<br>溫瑜珈<br>Roushan/Natalie     | Yoga Therapy<br>瑜珈療法<br>CeCe      | Gentle Yoga<br>溫瑜珈<br>Jitu               | Gentle Yoga<br>溫瑜珈<br>Amber               | 1145-1245<br>哈達瑜珈 HY<br>Pat                  | 1145-1245<br>皮拉提斯 PL<br>Pat      |
| 4               | 1345-1445 | Pilates<br>皮拉提斯<br>Pat           | Yoga Therapy<br>瑜珈療法<br>Jitu              | Yoga Therapy<br>瑜珈療法<br>Melody    | Yogalates<br>瑜珈提斯<br>Pat                 | Hatha Yoga<br>哈達瑜珈<br>Sita                | 1300-1400<br>瑜珈療法 YT<br>Jitu                 | 1300-1400<br>哈達瑜珈 HY<br>Sonya    |
| 5               | 1500-1600 | Yin Yoga<br>陰瑜珈<br>Anny          | Power Yoga<br>動力瑜珈<br>Roushan/Natalie     | Gentle Yoga<br>溫瑜珈<br>CeCe        | Hatha Yoga<br>哈達瑜珈<br>Sita               | Yoga Stretch I<br>伸展瑜珈 I<br>Vincent       | 1415-1515<br>溫瑜珈 GY<br>Amber                 | 1415-1545<br>初階阿斯坦加 APS<br>Inder |
| 6               | 1615-1715 | Power Yoga<br>動力瑜珈<br>Melody     | Flow Yoga II<br>動瑜珈 II<br>Jeet/Yuna       | Gentle Yoga<br>溫瑜珈<br>Melody      | Flow Yoga I<br>動瑜珈 I<br>Queeny           | Hatha Yoga<br>哈達瑜珈<br>Vincent             | 1600-1730<br>動力瑜珈 PY<br>Roushan/Johnny       | 1600-1700<br>陰瑜珈 YY<br>Melody    |
| 7               | 1730-1830 | Adi Yoga<br>愛迪達瑜珈<br>Carry       | Yoga Stretch II<br>伸展瑜珈 II<br>Sita        | Hatha Yoga<br>哈達瑜珈<br>Inder       | Gentle Yoga<br>溫瑜珈<br>Jeet/Sasa          | Flow Yoga II<br>動瑜珈 II<br>Queeny          | 1745-1845<br>哈達瑜珈 HY<br>Sita                 | 1715-1815<br>動力瑜珈 PY<br>Inder    |
| 8               | 1845-1945 | Gentle Yoga<br>溫瑜珈<br>Amber      | Hatha Yoga<br>哈達瑜珈<br>Sita                | Yoga Therapy<br>瑜珈療法<br>Yen       | Vinyasa<br>動態瑜珈<br>Inder                 | HY-IBMR<br>療癒瑜珈-失眠與身心放鬆<br>Roushan/Amanda | 1900-2000<br>髖關節伸展 HO<br>Jeet/Judy           |                                  |
| 9               | 2000-2100 | Hatha Yoga<br>哈達瑜珈<br>Inder      | Gentle Yoga<br>溫瑜珈<br>Jitu                | Yoga Stretch I<br>伸展瑜珈 I<br>Sonya | Gentle<br>溫瑜珈<br>Inder                   | Hatha Yoga<br>哈達瑜珈<br>Amber               |  |                                  |
| <b>Studio B</b> |           |                                  |   |                                   |  |   |  |                                  |
| 1               | 0700-0800 | Hot Yoga<br>熱瑜珈<br>Queeny        |   | Hot Yoga<br>熱瑜珈<br>Jeet/Abby      |  | Hot Therapy<br>熱瑜珈療法<br>Melody            | 1000-1100<br>熱伸展 II HS II<br>Inder           | 1000-1100<br>熱瑜珈 HY<br>Pat       |
| 2               | 1000-1100 | Hot 32<br>熱 32<br>Jitu           |   | Hot Therapy<br>熱瑜珈療法<br>Pat       | Hot Yoga<br>熱瑜珈<br>Pat                   |   | 1115-1215<br>熱 32 H 32<br>Jitu               | 1115-1215<br>熱瑜珈療法 HT<br>Sonya   |
| 3               | 1220-1320 | Hot Stretch I<br>熱伸展 I<br>Melody | Hot Yoga<br>熱瑜珈<br>Ya Chi                 | Hot Stretch I<br>熱伸展 I<br>Vincent | Hot Therapy<br>熱瑜珈療法<br>Jeet/Natalie     | Hot Yoga<br>熱瑜珈<br>Sita                   | 1230-1330<br>熱瑜珈 HY<br>Queeny                | 1230-1330<br>熱伸展 I HS I<br>Inder |
| 4               | 1530-1630 | Hot Stretch I<br>熱伸展 I<br>Queeny | Hot Yoga<br>熱瑜珈<br>Sita                   | Hot Yoga<br>熱瑜珈<br>Inder          | Hot Stretch I<br>熱伸展 I<br>Minna          | Hot Therapy<br>熱瑜珈療法<br>Amber             | 1345-1445<br>療癒瑜珈-背部療法 HY-BT<br>Roushan/Abby | 1345-1445<br>熱瑜珈 HY<br>Melody    |
| 5               | 1645-1745 | Hot Therapy<br>熱瑜珈療法<br>Anny     | Hot Stretch I<br>熱伸展 I<br>Roushan/Natalie | Hot Therapy<br>熱瑜珈療法<br>Amber     | Hot Yoga<br>熱瑜珈<br>Carry                 | Hot Stretch I<br>熱伸展 I<br>Sita            | 1500-1600<br>熱伸展 I HS I<br>Melody            | 1500-1600<br>熱瑜珈療法 HT<br>Yen     |
| 6               | 1800-1900 | Hot Yoga<br>熱瑜珈<br>Inder         | Hot Therapy<br>熱瑜珈療法<br>Jeet/Yuna         | Hot Stretch I<br>熱伸展 I<br>Melody  | Hot Therapy<br>熱瑜珈療法<br>Queeny           | Hot Yoga<br>熱瑜珈<br>Inder                  | 1630-1730<br>熱瑜珈療法 HT<br>Amber               | 1630-1730<br>熱伸展 I HS I<br>Sonya |
| 7               | 1915-2015 | Hot Flow II<br>熱流瑜珈 II<br>Yen    | Hot Stretch I<br>熱伸展 I<br>Pat             | Hot Therapy<br>熱瑜珈療法<br>Inder     | Hot 32<br>熱 32<br>Jitu                   | Hot Yoga<br>熱瑜珈<br>Queeny                 | 1800-1900<br>熱瑜珈 HY<br>Roushan/Judy          | 1800-1900<br>熱瘦身 HSL<br>Roushan/ |
| 8               | 2030-2130 | Hot 32<br>熱 32<br>Jitu           | Hot Therapy<br>熱瑜珈療法<br>Jeet/Yuna         | Hot Stretch I<br>熱伸展 I<br>Melody  | Hot Yoga<br>熱瑜珈<br>Sita                  | Hot Slimming<br>熱瘦身<br>Roushan/Amanda     |  |                                  |
| <b>Studio C</b> |           |                                  |   |                                   |  |   |  |                                  |
| 1               | 1215-1315 | Aerobic Dance*<br>熱舞有氧*<br>Susu  | i party star*<br>愛派對*<br>Vivi             | 派對熱舞*<br>Mohey                    | Zumba有氧*<br>微笑                           | 完美舞動雕塑*<br>Emma                           | 1045-1145<br>孕婦瑜珈 PY<br>Melody               | 1100-1200<br>全方位訓練*<br>FiFi      |
| 2               | 1700-1800 |                                  |   | 美體雕塑*<br>Eva S                    | Aerobic Dance*<br>熱舞有氧*<br>Maru          |   | 1215-1315<br>拳擊有氧*<br>Zeal                   | 1215-1315<br>Zumba有氧*<br>Celia   |
| 3               | 1815-1915 | K Pop Dance*<br>韓風熱舞*<br>Sasa    | 1830-1930<br>律動派對*<br>Roy                 | 1830-1930<br>陰瑜珈 YY<br>Sonya      | 拳擊有氧*<br>Ben                             | Zumba有氧*<br>微笑                            | 1330-1430<br>全方位訓練*<br>Rita                  |                                  |
| 4               | 1930-2030 | i party star*<br>愛派對*<br>小V      | 1945-2045<br>艾克斯有氧*<br>蕾蕾                 | 1945-2045<br>拳擊有氧*<br>Doris       | 1945-2045<br>雕塑瑜珈 YS<br>Carry            | X-Party*<br>艾克斯派對*<br>Luffy               | 1445-1545<br>Zumba 有氧*<br>Celia              | 1615-1715<br>拳擊有氧*<br>Chris      |
| 5               | 2100-2200 | Yoganidra<br>舒眠瑜珈<br>Yen         | Yogalates<br>瑜珈提斯<br>Pat                  | Gentle Yoga<br>溫瑜珈<br>Queeny      | Back Opening<br>背部伸展<br>Jeet/Natalie     |   |  | 1730-1830<br>艾克斯有氧*<br>Megan     |
| <b>Studio D</b> |           |                                  |   |                                   |  |   |  |                                  |
| 1               | 1900-2000 |                                  |   |                                   | Pre-natal Yoga<br>孕婦瑜珈<br>Melody         |   |  |                                  |

※ 一對一私人課程限量優惠中 !!!

※ 舞蹈教室打 \* 課程需要準備有氧運動鞋，顯示斜體字為代課老師。

※ 孕婦瑜珈課程採預約制，適合妊娠滿 12 ~ 24 週的孕婦媽媽使用。

※ 即日起 90 分鐘以上課程開放一般會員選課。

※ 療癒瑜珈-背部療法 Healing Yoga-Back Therapy (HY-BT)

背部痠痛是現代人常見的問題之一，其成因多肇於脊椎周邊肌肉累積過多壓力；久坐的生活習慣、日常壓力、背部肌群過勞或不當使用及姿勢不良...等種種因素使得頸背痠痛困擾著現代人。規律的瑜珈訓練可伸展肌肉、促進其血液循環，迅速使背部痠痛得到緩解，並藉由強化脊椎周邊輔助肌群與動作矯正帶來長期背部強健之優化效果。