

9 Oct 2017		10 Oct 2017		11 Oct 2017		12 Oct 2017		13 Oct 2017		14 Oct 2017		15 Oct 2017	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
900-1000 My Stretch Alice [E/C]		915-1015 Classic flow Yoga Grace [E]		900-1015 MFR (75min) Icy [E/M]			915-1015 Fit Flow** Icy [E/M]	900-1015 Integral Hatha Yoga Multi Level (75min) Pacsy [E/C]					
	1030-1130 Power Yoga Alice [E/C]		1030-1130 Yoga for shoulders and back Grace [E]		1030-1130 Core Booster Icy [E/M]	1030-1130 Yoga Therapy Icy [E/M]			1030-1130 Vinyasa Flow Ausker [E/C]	1100-1200 Power Yoga Alice [E/C]	1100-1200 Kids Yoga (5 - 9 yrs old) Claudia [E]	1100-1200 My stretch Alice [E/C]	
1230-1330 Yin Icy [E/M]	1215-1315 Private Event	1200-1300 Integral Hatha Yoga - Multi Level Grace [E]	1230-1330 Hot Hour Pacsy [E/C]	1200-1300 Yoga Therapy Icy [E/C]	1230-1330 TRX and Core** Glenn [C]	1230-1330 Core Booster Alice [E/C]	1200-1300 Warm Yin Icy [E/M]	1230-1330 Fit Flow** Claudia [E/C]	1200-1300 Warm and Relaxing Stretch Alice [E/C]		1230-1330 Hot Stretch Alice [E/C]		1230-1330 Stress Management Alice [E/C]
1400-1500 Core Booster Icy [E/M]		1430-1530 Singing bowl sound therapy Pacsy [E/C]		1400-1515 Integral Hatha Yoga - Multi Level (75min) Sarah [E/M]			1430-1530 Yoga for shoulders and back Grace [E]		1400-1500 Magnified Healing with Yoga Claudia [E/C]	1400-1515 Integral Hatha Yoga Multi Level (75min) Sarah [E/M]		1400-1515 Integral Hatha Yoga Multi Level (75min) Pacsy [E/C]	
	1530-1630 Yoga Therapy Sarah [E/M]		1600-1700 Core Booster Pacsy [E/C]		1530-1630 Yin Sarah [E/M]	1600-1700 Yoga for athletes Grace [E]		1530-1630 Yin Prieo [E]			1600-1700 Yoga Therapy Sarah [E/M]		1530-1630 TRX and Core** Glenn [C]
	1730-1830 Chakra Flow Ausker [E/C]				1730-1830 Restorative Yoga Prieo [E]				1730-1830 Singing bowl sound therapy Prieo [E]	1730-1830 Pilates Glenn [C]			1700-1800 Hot Detox Prieo [E]
1830-1930 Fit Flow** Icy [E/M]		1800-1900 Stress Management Prieo [E]		1830-1930 Power Yoga Prieo [E]		1800-1900 Yoga Nidra Grace [E]		1830-1930 Core Booster Icy [E/M]					
1945-2045 Yoga Meditation Sharon [E]	1900-2000 Hot Detox Ausker[E/C]		1900-2000 Hot Stretch Pacsy [E/C]		1930-2030 Yoga Therapy Prieo [E]		1900-2015 Integral Hatha Yoga - Multi Level (75min) Grace [E]	1945-2045 Chakra Flow Sharon [E]	1900-2000 Warm and relaxing stretch Prieo [E]				
	2015-2130 Integral Hatha Yoga - Multi Level (75min) Claudia [E/C]	2015-2115 Fit Flow** Claudia [E/C]	2115-2215 My Stretch Claudia [E/C]	2015-2115 Pre-natal Yoga Claudia [E/C]	2115-2215 Hot Stretch Claudia [E/C]	2015-2130 Yin Yang (75min) Icy [E/M]	2115-2215 Warm and Relaxing Stretch Vanessa [E/C]	2115-2215 Yoga for better sleep Sharon [E]	2100-2200 TRX and Core** Johnny [C]				

E: English

C: Cantonese

M: Mandarin

** Please wear sports shoes for the class

Energy Room

Horizon/ Leisure Room

Hot/Warm Class in Energy Room

16 Oct 2017		17 Oct 2017		18 Oct 2017		19 Oct 2017		20 Oct 2017		21 Oct 2017		22 Oct 2017	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
900-1015 Integral Hatha Yoga - Multi Level (75min) Claudia [E/C]		915-1015 Classic flow Yoga Grace [E]		900-1000 Post Natal Yoga Icy[E/M]			915-1015 Fit Flow** Icy [E/M]	900-1015 Integral Hatha Yoga Multi Level (75min) Pacsy [E/C]					
	1030-1130 Fit Flow** Claudia [E/C]		1030-1130 Yoga for shoulders and back Grace [E]		1030-1130 Power Yoga Icy [E/M]	1030-1130 Yoga Therapy Icy [E/M]			1030-1130 Vinyasa Flow Fiona [E/C]	1100-1200 Power Yoga Alice [E/C]	1100-1200 Kids Yoga (5 - 9 yrs old) Sharon[E]	1100-1200 My stretch Alice [E/C]	
1230-1330 Yin Icy [E/M]	1215-1315 Private Event	1200-1300 Integral Hatha Yoga - Multi Level Grace [E]	1230-1330 Hot Hour Pacsy [E/C]	1200-1300 Yoga Therapy Icy [E/C]	1230-1330 Pilates Glenn [C]	1230-1330 Core Booster Alice [E/C]	1200-1300 Warm Yin Icy [E/M]	1230-1330 Fit Flow** Icy [E/M]	1200-1300 Hot Detox Fiona [E/C]		1230-1330 Hot Stretch Pacsy [E/C]		1230-1330 Stress Management Alice [E/C]
1400-1500 Core Booster Icy [E/M]		1430-1530 Singing bowl sound therapy Pacsy [E/C]		1400-1515 Integral Hatha Yoga - Multi Level (75min) Sarah [E/M]			1430-1530 Yoga for shoulders and back Grace [E]		1400-1500 Yin Icy [E/M]	1400-1515 Integral Hatha Yoga Multi Level (75min) Pacsy [E/C]		1400-1500 Core Booster Prieo [E]	
	1530-1630 Yoga Therapy Sarah [E/M]		1600-1700 Core Booster Pacsy [E/C]		1530-1630 Yin Sarah [E/M]	1600-1700 Yoga for athletes Grace [E]		1530-1645 MFR (75min) Pacsy [E/C]		1600-1700 Yoga Therapy Sarah [E/M]			1530-1630 TRX and Core** Glenn [C]
	1730-1830 Chakra Flow Ausker [E/C]				1730-1830 Candlelight Restorative Yoga Prieo [E]				1730-1830 Singing bowl sound therapy Prieo [E]	1730-1830 Pilates Glenn [C]			1700-1800 Hot Detox Prieo [E]
1830-1930 Fit Flow** Icy [E/M]		1800-1900 Stress Management Prieo [E]		1830-1930 Power Yoga Prieo [E]		1800-1900 Yoga Nidra Grace [E]		1830-1930 Core Booster Icy [E/M]					
1945-2045 Yoga Meditation Sharon [E]	1900-2000 Hot Detox Ausker[E/C]		1900-2000 Hot Stretch Prieo [E]		1930-2030 Yoga Therapy Prieo [E]		1900-2015 Integral Hatha Yoga - Multi Level (75min) Grace [E]	1945-2045 Chakra Flow Vanessa [E/C]	1900-2000 Warm and relaxing stretch Prieo [E]				
2115-2215 Stress Management Claudia [E/C]	2015-2115 Magnified Healing with Yoga Claudia [E/C]	2015-2115 Power Yoga Claudia [E/C]	2115-2215 My Stretch Claudia [E/C]	2015-2115 Pre-natal Yoga Claudia [E/C]	2115-2215 Hot Stretch Claudia [E/C]	2015-2130 Yin Yang (75min) Icy [E/M]	2115-2215 Warm and Relaxing Stretch Vanessa [E/C]	2115-2215 Yoga for better sleep Vanessa [E/C]	2100-2200 TRX and Core Johnny [C]				

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