

4 Sep 2017		5 Sep 2017		6 Sep 2017		7 Sep 2017		8 Sep 2017		9 Sep 2017		10 Sep 2017	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
900-1000 Magnified Healing with Yoga Claudia [E/C]			915-1015 Classic flow Yoga Grace [E]	900-1015 MFR (75min) Icy[E/M]			915-1015 Power Yoga Icy [E/M]	900-1015 Integral Hatha Yoga Multi Level (75min) Pacsy [E/C]		930-1030 My Stretch Fiona [E/C]		930-1030 Power Yoga Alice [E/C]	
	1030-1130 Fit Flow** Claudia [E/C]	1030-1130 Yoga for Back Pain Grace [E]			1030-1130 Stress Management Icy [E/M]	1030-1130 Yoga Therapy Icy [E/M]			1030-1130 Vinyasa Flow Fiona [E/C]	1100-1200 Power Yoga Fiona [E/C]	1100-1200 Kids Yoga (5 - 9 yrs old) Alice [E]	1100-1200 My stretch Alice [E/C]	
1300-1400 Yin Icy [E/M]	1230-1330 Hot Hour Fiona [E/C]		1200-1300 Warm and Relaxing Stretch Grace [E]	1230-1330 Yoga Therapy Icy [E/M]	1300-1400 Hot hour Fiona [E/C]		1200-1300 Warm Yin Icy [E/C]	1300-1400 Post Natal Yoga Icy [E/M]	1230-1330 Hot Detox Fiona [E/C]		1230-1330 Hot Stretch Alice [E/C]		1230-1330 Hot Detox Alice [E/C]
1400-1500 Core Booster Icy [E/M]		1330-1430 Aroma Yoga Claudia [E/C]	1430-1545 Integral Hatha Yoga - Multi Level (75min) Claudia [E/C]	1400-1515 Integral Hatha Yoga - Multi Level (75min) Claudia [E/C]			1330-1430 TRX and Core Glenn [C]		1400-1500 Yin Pacsy [E/C]	1400-1515 Integral Hatha Yoga Multi Level (75min) Pacsy [E/C]		1400-1515 Integral Hatha Yoga Multi Level (75min) Pacsy [E/C]	
	1530-1630 Yoga for back pain Sarah [E/M]	1600-1700 Vinyasa Flow Fiona [E/C]			1530-1630 Yoga for shoulders and back Sarah [E/M]	1430-1530 Core Booster Fiona [E/C]		1530-1645 MFR (75min) Pacsy [E/C]			1600-1700 Yoga for shoulders and back Sarah [E/M]		1530-1630 Pilates Ausker [E/C]
	1730-1830 Chakra Flow Ausker [E/C]		1700-1800 Restorative Yoga Prieto [E]		1730-1830 Power Yoga Ausker [E/C]	1600-1715 Integral Hatha Yoga - Multi Level (75min) Grace [E]	1700-1800 Yoga Therapy Prieto [E]		1730-1830 Singing bowl sound therapy Prieto [E]	1730-1830 Chakra Flow Ausker [E/C]		1700-1800 Hot Stretch Ausker [E/C]	
1830-1930 Fit Flow** Icy [E/M]		1800-1900 Twilight Flow Prieto [E]		1830-1930 Singing bowl sound therapy Prieto [E]		1800-1900 Candlelight Restorative Yoga Prieto [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 Prieto [E]		1930-2030 Hot Stretch Vanessa [E/C]		1900-2000 Hot Hour Vanessa [E/C]	1945-2045 Twilight Flow Vanessa [E/C]	1900-2000 Warm and relaxing stretch Prieto [E]		1900-2000 Hot Detox Ausker [E/C]		
	2015-2130 Integral Hatha Yoga - Multi Level (75min) Claudia [E/C]	2015-2115 Power Yoga Claudia [E/C]	2115-2215 Warm and Relaxing Stretch Claudia [E/C]	2015-2115 Pre-natal Yoga Claudia [E/C]	2115-2215 Magnified Healing with Yoga Claudia [E/C]	2015-2130 Yin Yang (75min) Icy [E/M]			2100-2200 TRX and Core Johnny [C]	2015-2115 Yoga for better sleep Vanessa [E/C]			

E: English

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C: Cantonese

Please wear sports shoes for the class

M: Mandarin

Energy Room

Horizon/ Leisure Room

Hot/Warm Class in Energy Room

11 Sep 2017 Monday		12 Sep 2017 Tuesday		13 Sep 2017 Wednesday		14 Sep 2017 Thursday		15 Sep 2017 Friday		16 Sep 2017 Saturday		17 Sep 2017 Sunday	
900-1000 Magnified Healing with Yoga Claudia [E/C]			915-1015 Classic flow Yoga Pacsy [E/C]	900-1015 MFR (75min) Icy[E/M]			915-1015 Power Yoga Alice [E/C]	900-1015 Integral Hatha Yoga Multi Level (75min) Pacsy [E/C]		930-1030 My Stretch Fiona [E/C]		930-1030 Power Yoga Alice [E/C]	
	1030-1130 Fit Flow** Claudia [E/C]	1030-1130 Yoga for Back Pain Pacsy [E/C]			1030-1130 Stress Management Icy [E/M]	1030-1130 My Stretch Alice [E/C]			1030-1130 Vinyasa Flow Fiona [E/C]	1100-1200 Power Yoga Fiona [E/C]	1100-1200 Kids Yoga (5 - 9 yrs old) Claudia [E]	1100-1200 My stretch Alice [E/C]	
1300-1400 Yin Icy [E/M]	1230-1330 Hot Hour Fiona [E/C]		1200-1300 Hot Stretch Pacsy [E/C]	1230-1330 Yoga Therapy Icy [E/M]	1300-1400 Hot hour Fiona [E/C]		1200-1300 Hot Stretch Alice [E/C]	1300-1400 Fit Flow** Claudia [E/C]	1230-1330 Hot Detox Fiona [E/C]		1230-1330 Hot Stretch Alice [E/C]		1230-1330 Hot Detox Alice [E/C]
1400-1500 Core Booster Icy [E/M]		1330-1445 Integral Hatha Yoga - Multi Level (75min) Claudia [E/C]	1430-1530 Yin Pacsy [E/C]	1400-1515 Integral Hatha Yoga - Multi Level (75min) Sarah E/M]			1330-1430 TRX and Core Glenn [C]		1400-1500 Yin Pacsy [E/C]	1400-1515 Integral Hatha Yoga Multi Level (75min) Pacsy [E/C]		1400-1515 Integral Hatha Yoga Multi Level (75min) Pacsy [E/C]	
	1530-1630 Yoga for back pain Sarah [E/M]	1600-1700 Vinyasa Flow Fiona [E/C]			1530-1630 Yoga for shoulders and back Sarah [E/M]	1430-1530 Core Booster Fiona [E/C]		1530-1645 MFR (75min) Pacsy [E/C]			1600-1700 Yoga for shoulders and back Sarah [E/M]		1530-1630 Pilates Ausker [E/C]
	1730-1830 Chakra Flow Ausker [E/C]		1700-1800 Restorative Yoga Prieo [E]		1730-1830 Chakra Flow Ausker [E/C]	1600-1715 Integral Hatha Yoga - Multi Level (75min) Claudia [E/C]	1700-1800 Yoga Therapy Prieo [E]		1730-1830 Singing bowl sound therapy Prieo [E]	1730-1830 Chakra Flow Sharon [E]		1700-1800 Hot Stretch Ausker [E/C]	
1830-1930 Fit Flow** Icy [E/M]		1800-1900 Stress Management Prieo [E]		1830-1930 Singing bowl sound therapy Prieo [E]		1800-1900 Candlelight Restorative Yoga Prieo [E]		1830-1930 Core Booster Fiona [E/C]					
1945-2045 Yoga Meditation Sharon [E]	1900-2000 Hot Detox Ausker[E/C]		1900-2000 Hot Stretch Prieo [E]		1930-2030 Hot Stretch Vanessa [E/C]		1900-2000 Hot Hour Vanessa [E/C]	1945-2045 Twilight Flow Vanessa [E/C]	1900-2000 Warm and relaxing stretch Prieo [E]		1900-2000 Hot Detox Ausker [E/C]		
	2015-2130 Integral Hatha Yoga - Multi Level (75min) Claudia [E/C]	2015-2115 Fit Flow** Claudia [E/C]	2115-2215 Warm and Relaxing Stretch Claudia [E/C]	2015-2115 Pre-natal Yoga Claudia [E/C]	2115-2215 Aroma Yoga Claudia [E/C]	2015-2130 Yin Yang (75min) Vanessa [E/C]			2100-2200 TRX and Core Johnny [C]	2015-2115 Yoga for better sleep Ausker [E/C]			

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