



LET'S fit

## Tsim Sha Tsui 1st - 30th November 2022 Schedule

### Cold Room ( Room A )

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30		Wheel Yoga 瑜伽輪				Aerial Hoop 空中呼拉圈	
10:45							Burn Fat Thai Boxing 爆汗消脂泰拳班
11:15				Aerial Beginner 初級空中瑜珈			
11:30		Aerial Yoga 空中瑜珈					
11:45						Aerial hammock 空中單點吊床	Burn Fat Circuit 特強消脂訓練
12:30				Burn Fat Thai Boxing 爆汗消脂泰拳班			
13:00							Zumba 有氧健身舞
13:30						HIIT 高強度間歇訓練	
14:15							Aerial Beginner 初級空中瑜珈
14:30						Shape Up Training 強化肌力塑身訓練	
15:30						Tabata 爆汗消脂班	Burn Fat Thai Boxing 爆汗消脂泰拳班
16:30						TRX cross training 極速瘦身訓練	
17:30	TRX cross training 極速瘦身訓練			Zumba 有氧健身舞			
18:30	Bikini-Fit 曲線塑造班		Let's Get Fit 全身訓練	HIIT 高強度間歇訓練	Aerial Yoga 空中瑜珈		
19:30	Let's Be Sexy 火辣腰臀訓練班	Hatha Yoga 傳統瑜珈	TRX cross training 極速瘦身訓練	Shape Up Training 強化肌力塑身訓練			
19:45					4D Pro Bungee Fitness		
20:30		Yin Yoga 陰瑜珈	Burn Fat Thai Boxing 爆汗消脂泰拳班	Tabata 爆汗消脂班			

Remark: 所有課程上課時間為60分鐘



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## Tsim Sha Tsui 1st - 30th November 2022 Schedule

### Hot Stone Room ( Room B )

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:00			Relaxing Stretch Yoga 放鬆伸展瑜伽		Slim Yoga 消瘦瑜伽		
10:15				Wheel Yoga 瑜伽輪		Pilates 痛症治療班	Relaxing Stretch Yoga 放鬆伸展瑜伽
10:30	Yoga Bou 瑜珈棒	Bikini-Fit 曲線塑造班					
11:15			Wheel Yoga 瑜伽輪	TRX cross training 極速瘦身訓練	Yoga Bou 瑜珈棒	TRX cross training 極速瘦身訓練	
11:30	Relaxing Stretch Yoga 放鬆伸展瑜伽	TRX cross training 極速瘦身訓練					Slim Yoga 消瘦瑜伽
11:45							
12:30				Bikini-Fit 曲線塑造班		Relaxing Stretch Yoga 放鬆伸展瑜伽	
12:45							
13:30				Booty Workout 翹臀訓練		Gentle Vinyasa 流瑜伽	
14:00					Let's Fight 消瘦格鬥班		
14:15							TRX cross training 極速瘦身訓練
14:30	Let's Be Sexy 火辣腰臀訓練班		Slim Yoga 消瘦瑜伽			Yin Yang Yoga 陰陽瑜伽	
15:00							
15:30	半圓球平衡訓練 Killer Circuit (Bosu)		Pilates 痛症治療班		Super Sexy Fit 曲線塑造班	Hip Opening 開髖伸展瑜伽	Detox Yoga 排毒瑜伽
16:00							
16:30		Hatha Yoga 傳統瑜伽		Relaxing Stretch Yoga 放鬆伸展瑜伽		Myofascial release 深層筋膜放鬆	
17:30		Gentle Vinyasa 流瑜伽	Wheel Yoga 瑜伽輪	Yoga Basics 基礎瑜伽口	Burn Fat Circuit 特強消瘦訓練		
18:30	Relaxing Stretch Yoga 放鬆伸展瑜伽	Muscle Fit 豐胸提臀美腿班	Yoga Bou 瑜珈棒	Hatha Yoga 傳統瑜伽	TRX x Tabata 極速瘦身訓練 x 爆汗消瘦		
19:30	Wheel Yoga 瑜伽輪	Pilates 痛症治療班	Detox Yoga 排毒瑜伽	Slim Yoga 消瘦瑜伽	Slim Yoga 消瘦瑜伽		
20:30	Gentle Vinyasa 流瑜伽	TRX cross training 極速瘦身訓練	Super Sexy Fit 曲線塑造班	Hot 26 Yoga	Wheel Yoga 瑜珈輪		
21:30		Pilates 痛症治療班					

Remark: 所有課程上課時間為60分鐘