

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30				Relaxing Stretch Yoga 放鬆伸展瑜伽		Wheel Yoga 瑜伽輪	Detox Yoga 排毒瑜伽
			Bikini-fit 曲線塑造訓練	Core Training 人魚線塑造班		TRX cross training 極速瘦身訓練	TRX cross training 極速瘦身訓練 - 進階班
10:45		TRX cross training 極速瘦身訓練			Inside firming training 盆底肌肌肉訓練		
11:00	Killer Circuit 半圓球平衡訓練						
11:45				Wheel Yoga 瑜伽輪	Aerial Yoga 空中瑜伽	Relaxing Stretch Yoga 放鬆伸展瑜伽	Slim Yoga 消脂瑜伽
			Butty Workout 翹臀訓練	Pilates 痛症治療班		Super Sexy Fit	Pilates 痛症治療班
12:00	Slim Yoga 消脂瑜伽	Lady Fighter 消脂泰拳班	Slim Yoga 消脂瑜伽		Tabata 爆汗消脂班		
12:15	4D Pro Bungee Fitness						
13:00		Detox Yoga 排毒瑜伽			Relaxing Stretch Yoga 放鬆伸展瑜伽	Slim Yoga 消脂瑜伽	Relaxing Stretch Yoga 放鬆伸展瑜伽
13:15			Relaxing Stretch Yoga 放鬆伸展瑜伽				
13:30						Killer Circuit 半圓球平衡訓練	
14:00	60分鐘岩盤浴						
	TRX cross training 極速瘦身訓練						4D Pro Bungee Fitness
14:30	Aerial Beginner 初級空中瑜伽	Relaxing Stretch Yoga 放鬆伸展瑜伽					
14:45						Muscle Fit 豐胸提臀美腿班	
15:00						Detox Yoga 排毒瑜伽	Aerial Yoga 空中瑜伽
15:15					Wheel Yoga 瑜伽輪		Butty Workout 翹臀訓練
16:00	60分鐘岩盤浴					Relaxing Stretch Yoga 放鬆伸展瑜伽	Wheel Yoga 瑜伽輪
16:30				Detox Yoga 排毒瑜伽			
16:45		Aerobic Fitness 有氧健身					
17:15			Let's Fight 消脂格鬥班				
18:30	Pilates 普拉提	Relaxing Stretch Yoga 放鬆伸展瑜伽		Slim Yoga 消脂瑜伽	Relaxing Stretch Yoga 放鬆伸展瑜伽		
	Burn Fat Thai Boxing 爆汗消脂泰拳班	Killer Circuit 半圓球平衡訓練	Muscle Fit 豐胸提臀美腿班	TRX cross training 極速瘦身訓練	TRX cross training 極速瘦身訓練 - 初階班		
19:30	Yoga Bou 瑜珈棒	Slim Yoga 消脂瑜伽	Slim Yoga 消脂瑜伽	Aerial Beginner 初級空中瑜伽	Yoga Ring 瑜珈伸展環		
	Butty Workout 翹臀訓練	TRX cross training 極速瘦身訓練		Bikini-fit 曲線塑造訓練 - 進階班	Tabata 爆汗消脂班		
19:45			Pilates 痛症治療班				
20:45	Wheel Yoga 瑜伽輪	Aerial Yoga 空中瑜伽	Relaxing Stretch Yoga 放鬆伸展瑜伽	Relaxing Stretch Yoga 放鬆伸展瑜伽	Yoga Bou 瑜珈棒		
	Burn Fat Circuit 特強消脂訓練	4D Pro Bungee Fitness	TRX cross training 極速瘦身訓練 - 初階班	Pilates 痛症治療班	Lady Fighter 消脂泰拳班		

Remark : 所有課程上課時間為 60分鐘

荃灣分店所有課程均在岩盤浴房進行