



LET'S fit

## Tsim Sha Tsui 1st - 31st March 2023 Schedule

### Cold Room ( Room A )

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30		Wheel Yoga 瑜伽輪	Bikini-Fit 曲線塑造班			Aerial Hoop 空中呼拉圈	
10:45							TRX cross training 極速瘦身訓練
11:30		Aerial Yoga 空中瑜珈	Core Training 人魚線塑造班	Yoga Bou 瑜珈棒			
11:45						Aerial hammock 空中單點吊床	Booty Workout 翹臀訓練
12:30							
13:00							Pilates 痛症治療班
13:30						Tabata 爆汗消脂班	
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						HIIT 高強度間歇訓練	Muscle Fit 豐胸提臀美腿班
16:30						TRX cross training 極速瘦身訓練	
17:30				Funky Dance 爆汗律動健身舞			
18:30	Bikini-Fit 曲線塑造班		Let's Get Fit 全身訓練	Tabata 爆汗消脂班	Aerial Yoga 空中瑜珈		
19:30	TRX x Tabata 極速瘦身訓練	Aerial Yoga 空中瑜珈	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	Burn Fat Thai Boxing 爆汗消脂泰拳班	Yin Yang Yoga 陰陽瑜珈	Burn Fat Thai Boxing 爆汗消脂泰拳班	HIIT 高強度間歇訓練			

Remark: 所有課程上課時間為60分鐘



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## Tsim Sha Tsui 1st - 31st March 2023 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				
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				Wheel Yoga 瑜伽輪		
11:00	Barre & Pilates						
11:15			Wheel Yoga 瑜伽輪			TRX cross training 極速瘦身訓練	
11:30	Relaxing Stretch Yoga 放鬆伸展瑜伽			Super Sexy Fit 曲線塑造班	Relaxing Stretch Yoga 放鬆伸展瑜伽		Slim Yoga 消脂瑜伽
12:00		Muscle Fit 豐胸提臀美腿班					
12:30				Core Training 人魚線塑造班	TRX cross training 極速瘦身訓練	Deep Stretch Yoga 伸展瑜伽	
12:45							
13:30					Burn Fat Circuit 特強消脂訓練	Vinyasa 流瑜伽	
14:00							
14:15							
14:30		Muscle Fit 豐胸提臀美腿班		Muscle Fit 豐胸提臀美腿班		Yin Yang Yoga 陰陽瑜伽	Let's Fight 消脂格鬥班
15:00							
15:30		Core Training 人魚線塑造班		Let's Fight 消脂格鬥班		Hip Opening 開髖伸展瑜伽	Detox Yoga 排毒瑜珈
16:00							
16:30	Muscle Fit 豐胸提臀美腿班	Relaxing Stretch Yoga 放鬆伸展瑜伽	Hatha Yoga 傳統瑜伽	Yin Yoga 陰瑜伽		Myofascial release 深層筋膜放鬆	
17:30	Pilates 痛症治療班	Detox Yoga 排毒瑜珈	Wheel Yoga 瑜珈輪	Hatha Yoga 傳統瑜伽	TRX cross training 極速瘦身訓練		
18:30	HOT 26 YOGA	Booty Workout 翹臀訓練	Yoga Bou 瑜珈棒	Wheel Yoga 瑜珈輪	Killer Circuit (Bosu) 半圓球平衡訓練		
19:30	Wheel Yoga 瑜珈輪	Pilates 痛症治療班	Let's Fight 消脂格鬥班	Slim Yoga 消脂瑜珈	Detox Yoga 排毒瑜珈		
20:30	Gentle Hatha 和緩傳統瑜珈	TRX cross training 極速瘦身訓練	Super Sexy Fit 曲線塑造班	Deep Stretch Yoga 伸展瑜珈	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