



LET'S fit

## Tsim Sha Tsui 1st - 30th SEPTEMBER 2023 Schedule

(常溫房) Cold Room ( Room A )

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30		Yoga Wheel 瑜珈輪	Bikini-Fit 曲線塑造班			Aerial Hoop 空中呼拉圈	TRX cross training 極速瘦身訓練 - 進階版
11:30		Aerial Yoga 空中瑜珈	Pilates 痛症治療班	Yoga Bou 瑜珈棒			Booty Workout 翹臀訓練
11:45						Aerial hammock 空中單點吊床	
14:15							Aerial Beginner 初級空中瑜珈
14:45						Tabata 爆汗消脂班	
15:30							Detox Yoga 排毒瑜珈
15:45						Shape Up Training 強化肌力塑身訓練	
16:45						TRX cross training 極速瘦身訓練	
18:15		Funky Dance 爆汗律動健身舞					
18:30			Aerial Yoga 空中瑜珈	HIIT 高強度間歇訓練	Relaxing Stretch Yoga 放鬆伸展瑜珈		
18:45	Bikini-Fit 曲線塑造班						
19:30		Aerial Yoga 空中瑜珈	Tabata 爆汗消脂班	Shape Up Training 強化肌力塑身訓練			
19:45	TRX cross training 極速瘦身訓練				4D Pro Bungee Fitness		
20:30		Pilates 痛症治療班	Burn Fat Thai Boxing 爆汗消脂泰拳班	Tabata 爆汗消脂班			
20:45	Tabata 爆汗消脂班				Funky Dance 爆汗律動健身舞		

↓ 岩盆浴房請查看下頁 ↓

Remark: 所有課程上課時間為60分鐘



LET'S fit

## Tsim Sha Tsui 1st - 30th SEPTEMBER 2023 Schedule

### (岩盤浴房) Hot Stone Room ( Room B )

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:00			Yoga Stretch 伸展瑜伽				Yoga Stretch 伸展瑜伽
10:15							
10:30	Yoga Bou 瑜珈棒			Yoga Wheel 瑜珈輪	Detox Yoga 排毒瑜珈	Pilates 痛症治療班	
11:00		TRX cross training 極速瘦身訓練					
11:15			Yoga Wheel 瑜珈輪				Slim Yoga 消脂瑜珈
11:30	Yoga Stretch 伸展瑜伽			Super Sexy Fit	Yoga Stretch 伸展瑜伽	TRX cross training 極速瘦身訓練	
12:30				Core Training 人魚線塑造班	TRX cross training 極速瘦身訓練		Bikini-Fit 曲線塑造班
12:45						Yoga Stretch 伸展瑜伽	
13:30					Killer Circuit (Bosu) 半圓球平衡訓練		Pilates 痛症治療班
13:45						Vinyasa 流瑜珈	
14:30		Muscle Fit 豐胸提臀美腿班		Muscle Fit 豐胸提臀美腿班			Muscle Fit 豐胸提臀美腿班
14:45						Yin Yang Yoga 陰陽瑜珈	
15:30		Core Training 人魚線塑造班	Yoga Stretch 伸展瑜伽	Let's Fight 消脂格鬥班	Booty Workout 翹臀訓練		Booty Workout 翹臀訓練
15:45						Hip Opening 開髖伸展瑜珈	
16:30	Muscle Fit 豐胸提臀美腿班		Hatha Yoga 傳統瑜珈	Yin Yoga 陰瑜珈	Muscle Fit 豐胸提臀美腿班		
16:45						Myofascial release 深層筋膜放鬆	
17:30	Pilates 痛症治療班	Detox Yoga 排毒瑜珈	Yoga Wheel 瑜珈輪	Hatha Yoga 傳統瑜珈	TRX cross training 極速瘦身訓練		
18:30	HOT 26 YOGA	Yoga Bou 瑜珈棒	TRX cross training 極速瘦身訓練	Shoulders and Chest Opening 肩膊與胸椎開啟	Killer Circuit (Bosu) 半圓球平衡訓練		
19:30	Yoga Wheel 瑜珈輪	Pilates 痛症治療班	Yoga Stretch 伸展瑜伽	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	Detox Yoga 排毒瑜珈	Yoga Stretch 伸展瑜伽	Yoga Wheel 瑜珈輪		
21:30		Pilates 痛症治療班					

Remark: 所有課程上課時間為60分鐘