



LET'S fit

## Tsim Sha Tsui 1st - 31st MAY 2024 Schedule

(常溫房) Cold Room ( Room A )

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30		Yoga Wheel 瑜珈輪				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		Yoga Bou 瑜珈棒			Booty Workout 翹臀訓練
11:45						Aerial hammock 空中單點吊床	
12:45						Tabata 爆汗消脂班	
13:30					4D Pro Bungee Fitness		
13:45						Shape Up Training 強化肌力塑身訓練	
14:15							Aerial Beginner 初級空中瑜珈
14:45						Animal Flow 動物流	
15:30			Yoga Strength 力量瑜珈				Burn Fat Thai Boxing 爆汗消脂泰拳班
18:15		Funky Dance 爆汗律動健身舞					
18:30			Aerial Yoga 空中瑜珈	Tabata 爆汗消脂班	Yoga Stretch 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	Funky Dance 爆汗律動健身舞		
19:45	TRX cross training 極速瘦身訓練						
20:30		Hatha Yoga 傳統瑜珈	Burn Fat Thai Boxing 爆汗消脂泰拳班	Bikini-Fit 曲線塑造班			

↓ 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 - 31st MAY 2024 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		Wall Pilates 靠牆普拉提					
11:15			Yoga Wheel 瑜珈輪				Slim Yoga 消脂瑜珈
11:30	Yoga Stretch 伸展瑜伽				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							Pilates 痛症治療班
13:45						Hatha Yoga 傳統瑜珈	
14:45						Hips & Hamstring 下身開啟	
15:30		Booty Workout 翹臀訓練			Booty Workout 翹臀訓練		Detox Yoga 排毒瑜珈
15:45						Myofascial release 深層筋膜放鬆	
16:30	TRX cross training 極速瘦身訓練		Yoga Wheel 瑜珈輪		Let's Fight 消脂格鬥班		
17:00				Yoga Stretch 伸展瑜伽			
17:30	Pilates 痛症治療班	Detox Yoga 排毒瑜珈			TRX cross training 極速瘦身訓練		
18:30	Deep Stretch 深層伸展瑜珈	Yoga Bou 瑜珈棒	TRX cross training 極速瘦身訓練	Hatha Yoga 傳統瑜珈	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 伸展瑜珈	Yogalates	Dynamic Flow		
20:30		TRX cross training 極速瘦身訓練	Detox Yoga 排毒瑜珈	Yin Yang Yoga 陰陽瑜珈	Yoga Wheel 瑜珈輪		
20:45	Shape Up Training 強化肌力塑身訓練						

Remark: 所有課程上課時間為60分鐘