

Detailed Group Class Info

Enquiries: 2966 1304

TAICHI				STRETCHING THERAPY
CC5 - Tai Chi (Beginner): Yeuna Stile 48 steps Thursdays: 1:15 pm - 2:15 pm Fee: HK\$365 per 4 Lesson Cantonese and Mandarin	CC11 - Tai Chi (Beginner): Yeung Stile Wednesdays: 10:00 am - 11:00 am Fee: HK\$365 per 4 Lessons Cantonese and Mandarin CC10 – Tai Chi (Beginner) Wednesday 12:30 pm – 1:30 pm Fee:HK\$365 per 4 Lessons Cantonese and Mandarin	CC2 - Tai Chi(Intermediate): Yeuna Stile 85 & 48 Tuesdays & Fridays: 8:00 pm - 9:30 pm Fee: HK\$1,065 per 8 Lessons Cantonese and Mandarin	CC3 - Tai Chi (Intermediate): Yeuna Stile Mondays: 11:15 am - 12:15 pm Fee: HK\$365 per 4 Lessons Cantonese and Mandarin; Cantonese and English	ST1 - Stretching Therapy Thursdays: 10:15 am - 11:30 am Fee: HK\$1,015 per 4 Lessons Cantonese and English
CC4 - Tai Chi (Intermediate): Yeuna Stile Fridays: 11:10 am - 12:10 pm Fee: HK\$365 per 4 Lessons Cantonese and Mandarin	CC8 - Tai Chi (Intermediate): Yeuna Stile 42 steps Fridays: 10:10 am - 11:10 am Fee: HK\$365 per 4 Lessons Cantonese and Mandarin	CC12 - Tai Chi (Intermediate): Yeuna Stile 42 steps Mondays: 10:00 am - 11:00 am Fee: HK\$365 per 4 Lessons Cantonese and Mandarin	CC14 - Tai Chi (Intermediate): Yeuna Stile Tuesdays & Wednesdays: 6:00 pm - 7:00 Fee: HK\$360 per 4 Lessons Cantonese and English	ST2 - Stretching Therapy Thursdays: 11:35 am - 12:35 pm Fee: HK\$815 per 4 Lessons ST3 - Stretching Therapy Thursdays: 10:00 am - 11:00 am Fee: HK\$815 per 4 Lessons Cantonese and English
*Additional 20% of the lesson fees will be charged for guest enrollments.☹️				
YOGA		FITNESS EXERCISE		FITBALL
CY8 - Yoga (Beginner) Mondays: 7:45 pm - 9:15 pm Fee: HK\$335 per 4 Lessons Cantonese	CY10 - Yoga (Beginner) Saturdays: 2:00 pm - 3:30 pm Fee: HK\$335 per 4 Lessons Cantonese and English	CC6 - Fitness Exercise Mondays: 12:15 pm - 1: 15 pm Fee: HK\$365 per 4 Lessons Cantonese and Mandarin	FB1 - Fitball Saturdays: 10:00 am - 11:00 am Fee: HK\$600 per 4 Lessons Cantonese and English	
CY3 - Yoga (Intermediate) Wednesdays: 10:10 am - 11:10 am Fee: HK\$365 per 4 Lessons Cantonese and English	CY4 - Yoga (Intermediate) Wednesdays: 11:15 am - 12:30 pm Fee: HK\$460 per 4 Lessons Cantonese and English		FB2 - Fitball Tuesdays: 4:30 pm - 5:30 pm Fee: HK\$600 per 4 Lessons Cantonese and English	
*Additional 20% of the lesson fees will be charged for guest enrollments.☹️				
AEROBICS		CORE COMBO	CORE FITNESS	
CA1 - Aerobics (Beginner): Steo + Low Impact Tuesdays & Thursdays: 9:00 am - 10:00 am Fee: HK\$825 per 8 Lessons Cantonese and English		CO1 - Core Combo Saturdays: 10:45 pm - 12:15 pm Fee: HK\$1,100 per 4 Lessons Cantonese and English	CO3 - Core Fitness Wednesdays: 9:00 am - 10:00 am Fee: HK\$770 per 4 Lessons Cantonese and English	
*Additional 20% of the lesson fees will be charged for guest enrollments.☹️				
BAIDUAN QI GONG		COMBINATION		
QG3 - Baduanjin Qi Gong Saturdays: 9:35 am - 10:35 am Fee: HK\$700 per 4 Lessons Cantonese and Mandarin	QG4 - Baduanjin Qi Gong Saturdays: 11:15 am - 12:15 pm Fee: HK\$700 per 4 Lessons Cantonese and Mandarin	YPB2 - Yoga, Pilates and Fitball Wednesdays: 1:20 pm - 2:35 pm Fee: HK\$795 per 4 Lessons Cantonese and English	YPB1 - Yoga, Pilates and Fitball Mondays: 1:20 pm - 2:35 pm Fee: HK\$960 per 4 Lessons Cantonese and English	
PRO-SLIM FITNESS				
CA2 - Pro-Slim Fitness Tuesdays & Thursdays: 2:45 pm - 4:00 pm Fee: HK\$920 per 8 Lessons Cantonese and English				