Fit for Life

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30						
8:00						Wudong Dragon Sword QG1
8:30						
9:00		Aerobics (Beginner): Step + Low Impact CA1	Core Fitness CO3	Aerobics (Beginner): Step + Low Impact CA1		Stepping Movement to Cultivate Life and Health QG2
9:30						
10:00	Tai Chi (Intermediate): Yeung Style 42 Steps CC12		Tai Chi (Beginner): Yeung Style CC11			Baduanjin Qi Gong QG3
10:30		Yoga (Beginner) CY1	Yoga (Intermediate) CY3	Yoga (Beginner) CY1	Tai Chi (Intermediate): Yeung Style 42 steps CC8	Fitball FB1
11:00		Pilates PL2		Stretching Therapy ST1		Core Combo CO1
11:30	Tai Chi (Intermediate): Yeung Style CC3	Yoga (Intermediate) CY2	Yoga (Intermediate) CY4	Yoga (Intermediate) CY2	Tai Chi (Intermediate): Yeung Style CC4	Baduanjin Qi Gong QG4
12:00				Stretching Therapy ST2		
12:30	Fitness Exercise CC6		Fitness Exercise CC10			
13:00						
13:30	Yoga, Pilates and Fitball YPB2			Tai Chi (Beginner): Yeung Style 48 steps CC5		
14:00			Yoga, Pilates and Fitball YPB1			Yoga (Beginner) CY10
14:30						
15:00		Pro-Slim Fitness CA2		Pro-Slim Fitness CA2		
15:30						
16:00						
16:30		Fitball FB2				
17:00						
17:30						
18:00		Tai Chi (Intermediate): Yeung Style CC14	Tai Chi (Intermediate): Yeung Style CC14			
18:30						
19:00						
19:30						
20:00	Yoga (Beginner) CY8	Tai Chi (Intermediate): Yeung Style 85 & 48 steps CC2			Tai Chi (Intermediate): Yeung Style 85 & 48 steps CC2	
20:30						
21:00						
21:30						
22:00						
22:30						

Detailed Group Class Info

Enquiries: 2966 1304

TAICHI

CC5 - Tai Chi (Beginner): Yeung Style 48 steps
Thursdays: 1:15 pm - 2:15 pm

Fee:
HK$350 per 4 Lesson

Cantonese and Mandarin

CC11 - Tai Chi (Beginner): Yeung Style
Wednesdays: 10:00 am - 11:00 am

Fee:
HK$350 per 4 Lessons

Cantonese and Mandarin

CC2 - Tai Chi(Intermediate): Yeung Style 85 & 48
Tuesdays & Fridays: 8:00 pm - 9:30 pm

Fee:
HK$1,020 per 8 Lessons

Cantonese and Mandarin

CC3 - Tai Chi (Intermediate): Yeung Style
Mondays: 11:15 am - 12:15 pm

Fee:
HK$350 per 4 Lessons

Cantonese and Mandarin

CC4 - Tai Chi (Intermediate): Yeung Style
Fridays: 11:10 am - 12:10 pm

Fee:
HK$350 per 4 Lessons

Cantonese and Mandarin

CC8 - Tai Chi (Intermediate): Yeung Style 42 steps
Fridays: 10:10 am - 11:10 am

Fee:
HK$350 per 4 Lessons

Cantonese and Mandarin

CC12 - Tai Chi (Intermediate): Yeung Style 42 steps
Mondays: 10:00 am - 11:00 am

Fee:
HK$350 per 4 Lessons

Cantonese and Mandarin

CC14 - Tai Chi (Intermediate): Yeung Style
Tuesdays & Wednesdays: 6:00 pm - 7:00

Fee:
HK$570 per 4 Lessons

Cantonese and English

STRETCHING THERAPY

ST1 - Stretching Therapy
Thursdays: 10:15 am - 11:30 am

Fee:
HK$970 per 4 Lessons

Cantonese and English

ST2 - Stretching Therapy
Thursdays: 11:35 am - 12:35 pm

Fee:
HK$970 per 4 Lessons

Cantonese and English

YOGA

CY1 - Yoga (Beginner)
Tuesdays & Thursdays: 10:10 am - 11:10

Fee:
HK$380 per 4 Lessons

Cantonese

CY8 - Yoga (Beginner)
Mondays: 7:45 pm - 9:15 pm

Fee:
HK$510 per 4 Lessons

Cantonese

CY10 - Yoga (Beginner)
Saturdays: 2:00 pm - 3:30 pm

Fee:
HK$510 per 4 Lessons

Cantonese and English

CY2 - Yoga (Intermediate)
Tuesdays & Thursdays: 11:15 am - 12:45

Fee:
HK$530 per 4 Lessons

Cantonese

CY3 - Yoga (Intermediate)
Wednesdays: 10:10 am - 11:10 am

Fee:
HK$350 per 4 Lessons

Cantonese and English

CY4 - Yoga (Intermediate)
Wednesdays: 11:15 am - 12:30 pm

Fee:
HK$440 per 4 Lessons

Cantonese and English

FITNESS EXERCISE

CC6 - Fitness Exercise
Mondays: 12:15 pm - 1: 15 pm

Fee:
HK$350 per 4 Lessons

Cantonese and Mandarin

CC7 - Fitness Exercise
Wednesdays: 12:30pm - 1:30 pm

Fee:
HK$350 per 4 Lessons

Cantonese and Mandarin

FITBALL

FB1 - Fitball
Saturdays: 10:00 am - 11:00 am

Fee:
HK$594 per 4 Lessons

Cantonese and English

FB2 - Fitball
Tuesdays: 4:30 pm - 5:30 pm

Fee:
HK$594 per 4 Lessons

Cantonese and English

AEROBICS

CA1 - Aerobics (Beginner): Step + Low Impact
Tuesdays & Thursdays: 9:00 am - 10:00 am

Fee:
HK$792 per 8 Lessons

Cantonese and English

STEPPING MOVEMENT TO CULTIVATE LIFE AND HEALTH

QG2 - Stepping Movement To Cultivate Life and Health
Saturdays: 8:30 am - 9:30 am

Fee:
HK$670 per 4 Lessons

Cantonese and Mandarin

CORE COMBO

CO1 - Core Combo
Saturdays: 10:45 pm - 12:15 pm

Fee:
HK$1056 per 4 Lessons

Cantonese and English

CORE FITNESS

CO3 - Core Fitness
Wednesdays: 9:00 am - 10:00 am

Fee:
HK$735 per 4 Lessons

Cantonese and English

WUDONG DRAGON SWORD

QG1 - Wudong Dragon Sword
Saturdays: 7:30 am - 8:30 am

Fee:
HK$670 per 4 Lessons

Cantonese and Mandarin

BAIDUAN QI GONG

QG3 - Baduanjin Qi Gong
Saturdays: 9:35 am - 10:35 am

Fee:
HK$670 per 4 Lessons

Cantonese and Mandarin

QG4 - Baduanjin Qi Gong
Saturdays:11:15 am - 12:15 pm

Fee:
HK$670 per 4 Lessons

Cantonese and Mandarin

COMBINATION

YPB2 - Yoga, Pilates and Fitball
Wednesdays: 1:20 pm - 2:35 pm

Fee:
HK$760 per 4 Lessons

Cantonese and English

YPB1 - Yoga, Pilates and Fitball
Mondays: 1:20 pm - 2:35 pm

Fee:
HK$920 per 4 Lessons

Cantonese and English

PILATES

PL2 - Pilates
Tuesdays: 11:00 am - 12:15 pm

Fee:
HK$880 per 4 Lessons

Cantonese and English

PRO-SLIM FITNESS

CA2 - Pro-Slim Fitness
Tuesdays & Thursdays: 2:45 pm - 4:00 pm

Fee:
HK$880 per 8 Lessons

Cantonese and English