Fit for Life

Duration of class varies, see reverse for details

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30						
08:00						
08:30				Mind & Body Balance Yoga II		
09:00			Seniors Yoga		Yoga Bou (Stick) Stretching	
09:30						
10:00	Slimming Fitball	Pilates Plus			Fitness Pilates	
10:30						
11:00						
11:30	Yo+lates			Gentle Stretch Yoga I	Therapy Yoga	
12:00						
12:30			Chair Yoga			
13:00					Rehabilitation by Pilates	
13:30		Myofascial Release and Stretching				
14:00					All Around Stretching	
14:30						
15:00						
15:30						
16:00						
16:30	Fitness Yoga					
17:00						
17:30	Rehailitation by Stretching II					
18:00						
18:30						
19:00	Rehailitation by Stretching I					
19:30				Gentle Stretch Yoga II		
20:00						
20:30						
21:00						
21:30						
22:00						
22:30						

Detailed Group Class Info

Enquiries: 2966 6639 / 2966 6515

YOGA

Therapy Yoga (Instructor - Don Wong)

Fridays: 11:15 am - 12:30 pm
1/F Studio

Member:
HK$960 per month (including 4 sessions)
Guest:
HK$1,155 per month (including 4 sessions)

Cantonese and English

Fitness Yoga (Instructor - Karmina Lee)

Mondays: 4:05 pm - 5:05 pm
1/F Studio

Member:
HK$835 per month (including 4 sessions)
Guest:
HK$1,005 per month (including 4 sessions)

Cantonese and English

Chair Yoga (Instructor - Sally Fong)

Wednesdays: 12:30 pm - 1:45 pm
1/F Studio

Member :
HK$770 per month (including 4 sessions)
Guest :
HK$925 per month (including 4 sessions)

Cantonese and English

Gentle Stretch Yoga I (Instructor - Sally Fong)

Thursdays: 11:30 am - 12:30 pm
1/F Studio

Member :
HK$920 per month (including 4 sessions)
Guest :
HK$1,105 per month (including 4 sessions)

Cantonese and English

Gentle Stretch Yoga II (Instructor - Sally Fong)

Thursdays: 7:30 pm - 8:30 pm
1/F Studio

Member :
HK$920 per month (including 4 sessions)
Guest :
HK$1,105 per month (including 4 sessions)

Cantonese and English

Mind & Body Balance Yoga II (Instructor - Sally Fong)

Thursdays: 8:15 am - 9:15 am
1/F Studio

Member :
HK$800 per month (including 4 sessions)
Guest :
HK$960 per month (including 4 sessions)

Cantonese and English

Seniors Yoga (Instructor - Sally Fong)

Wednesdays: 9:00 am - 10:15 am
1/F Studio

Member :
HK$920 per month (including 4 sessions)
Guest :
HK$1,105 per month (including 4 sessions)

Cantonese and English

REHABILITATION

Rehabilitation by Pilates (Instructor - Gigi Fung)

Fridays: 12:45 pm - 1:45 pm
1/F Studio

Member :
HK$800 per month (including 4 sessions)
Guest :
HK$960 per month (including 4 sessions)

Cantonese and English

Rehabilitation by Streching I (Instructor - Karmina Lee)

Mondays: 7:00 pm - 8:00 pm
1/F Studio

Member :
HK$800 per month (including 4 sessions)
Guest :
HK$960 per month (including 4 sessions)

Cantonese and English

Rehabilitation by Streching II (Instructor - Karmina Lee)

Mondays: 5:15 pm - 6:15 pm
1/F Studio

Member :
HK$800 per month (including 4 sessions)
Guest :
HK$960 per month (including 4 sessions)

Cantonese and English

PILATES

Fitness Pilates (Instructor - Carmen Lee)

Fridays: 10:00 am - 11:00 am
1/F Studio

Member :
HK$800 per month (including 4 sessions)
Guest :
HK$960 per month (including 4 sessions)

Cantonese and English

Pilates Plus (Instructor - Stephanie Tsue)

Tuesdays: 10:00 am - 11:00 am
1/F Studio

Member :
HK$800 per month (including 4 sessions)
Guest :
HK$960 per month (including 4 sessions)

Cantonese and English

FITBALL

Slimming Fitball (Instructor - Fancy Cheng)

Mondays: 10:00 am - 11:00 am
1/F Studio

Member :
HK$800 per month (including 4 sessions)
Guest :
HK$960 per month (including 4 sessions)

Cantonese and English

COMBINATION

Yo+lates (Instructor - BiBi Lam)

Mondays: 11:10 am - 12:10 pm
1/F Studio

Member :
HK$800 per month (including 4 sessions)
Guest :
HK$960 per month (including 4 sessions)

Cantonese and English

STRETCHING

Myofascial Release and Stretching (Instructor - Fancy Cheng)

Tuesdays: 1:30 pm - 2:45 pm
1/F Studio

Member :
HK$920 per month (including 4 sessions)
Guest :
HK$1,105 per month (including 4 sessions)

Cantonese and English

Yoga Bou (Stick) Stretching (Instructor - Sally Fong)

Fridays: 8:45 am - 9:45 am
1/F Studio

Member :
HK$820 per month (including 4 sessions)
Guest :
HK$985per month (including 4 sessions)

Cantonese and English

All Around Stretching (Instructor - Gigi Fung)

Fridays: 2:00 pm - 3:00 pm
1/F Studio

Member :
HK$640 per month (including 4 sessions)
Guest :
HK$760 per month (including 4 sessions)

Cantonese and English