

# Fit for Life

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30						
8:00						
8:30						
9:00	Power Yoga	Tai Chi		Mind & Body Balance Yoga II		
9:30			Seniors Yoga		Mind & Body Balance Yoga I	
10:00	Slimming Fitball	Pilates Plus				
10:30					Fitness Pilates	
11:00						
11:30	Yo+lates					
12:00				Gentle Stretch Yoga I	Therapy Yoga I	
12:30						
13:00	Therapy Yoga II		Chair Yoga			
13:30					Rehabilitation by Pilates	
14:00						
14:30						
15:00						
15:30						
16:00						
16:30	Fitness Yoga					
17:00						
17:30	Rehabilitation by Stretching II					
18:00						
18:30						
19:00						
19:30	Rehabilitation by Stretching I					
20:00				Gentle Stretch Yoga II		
20:30						
21:00						
21:30						
22:00						
22:30						

# Detailed Group Class Info

Enquiries: 2966 6639 / 2966 6515

## YOGA

### Therapy Yoga I (Instructor - Ruby Chu)

Fridays: 11:15 am - 12:30 pm

1/F Studio

**Member:**

HK\$840 per month (including 4 sessions)

**Guest:**

HK\$1,010 per month (including 4 sessions)

Cantonese and English

### Therapy Yoga II (Instructor - Ruby Chu)

Mondays: 12:30 pm - 1:45 pm

1/F Studio

**Member:**

HK\$840 per month (including 4 sessions)

**Guest:**

HK\$1,010 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\$710 per month (including 4 sessions)

**Guest:**

HK\$855 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\$770 per month (including 4 sessions)

**Guest :**

HK\$925 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\$650 per month (including 4 sessions)

**Guest :**

HK\$780 per month (including 4 sessions)

Cantonese and English

### Mind & Body Balance Yoga I (Instructor - Sally Fong)

Fridays: 8:45 am - 9:45 am

1/F Studio

**Member :**

HK\$650 per month (including 4 sessions)

**Guest :**

HK\$780 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\$650 per month (including 4 sessions)

**Guest :**

HK\$780 per month (including 4 sessions)

Cantonese and English

### Power Yoga (Instructor - Sally Fong)

Mondays: 8:30 am - 9:30 am

1/F Studio

**Member :**

HK\$650 per month (including 4 sessions)

**Guest :**

HK\$780 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\$800 per month (including 4 sessions)

**Guest :**

HK\$950 per month (including 4 sessions)

Cantonese and English

## REHABILITATION

## PILATES

### Rehabilitation by Pilates (Instructor - Ruby Chu)

Fridays: 12:45 pm - 1:45 pm

1/F Studio

**Member :**

HK\$650 per month (including 4 sessions)

**Guest :**

HK\$810 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\$650 per month (including 4 sessions)

**Guest :**

HK\$780 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\$650 per month (including 4 sessions)

**Guest :**

HK\$780 per month (including 4 sessions)

Cantonese and English

### Fitness Pilates (Instructor - Ruby Chu)

Fridays: 10:00 am - 11:00 am

1/F Studio

**Member :**

HK\$650 per month (including 4 sessions)

**Guest :**

HK\$780 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\$650 per month (including 4 sessions)

**Guest :**

HK\$780 per month (including 4 sessions)

Cantonese and English

## FITBALL

## WING CHUN

## TAI CHI

## COMBINATION

### Slimming Fitball (Instructor - Ruby Chu)

Mondays: 10:00 am - 11:00 am

1/F Studio

**Member :**

HK\$650 per month (including 4 sessions)

**Guest :**

HK\$780 per month (including 4 sessions)

Cantonese and English

### Wing Chun (Instructor - Calvin Chiu)

Tuesdays: 8:30 pm - 10:00 pm

1/F Studio

**Member :**

HK\$101 per month (including 4 sessions)

**Guest :**

HK\$1215 per month (including 4 sessions)

Cantonese and English

### Tai Chi (Instructor - Wong Yim Mina)

Tuesdays: 8:30 am - 9:30 am

1/F Studio

**Member :**

HK\$530 per month (including 4 sessions)

**Guest :**

HK\$640 per month (including 4 sessions)

Cantonese

### Yo+lates (Instructor - BiBi Lam)

Mondays: 11:10 am - 12:10 pm

1/F Studio

**Member :**

HK\$650 per month (including 4 sessions)

**Guest :**

HK\$780 per month (including 4 sessions)

Cantonese and English