

Detailed Private Class Info

Enquiries: 2966 6639 / 2966 6515

YOGA	PERSONAL TRAINER		SWIMMING
<p>Fitness Yoga Coaching (Instructor - Karmina Lee) By Appointment 1/F Studio</p> <p>1-Person Class: • HK\$900 per hour</p> <p>2-Person Class: • Member HK\$565 per hour • Guest HK\$680 per hour</p>	<p>Personal Trainers By Appointment 2/F Gym</p> <p>1-Person Class: • HK\$815 per hour • HK\$7,650 per 10 hours • HK\$14,000 per 20 hours</p> <p>2-Person Class: • Member: HK\$500 per hour HK\$4,570 per 10 hours HK\$9,000 per 20 hours • Guest: HK\$600 per hour HK\$5,480 per 10 hours HK\$10,800 per 20 hours</p> <p>Personal Trainers: Josephine Chan, Bibi Lam, Stephanie Tsue, Deandra Ku, Winnie Chiu, Tessa Chan, Law Kwong Sum, Roderick Lam, Ray Wong & Kaleb Choi</p>		<p>Swimming - Private Coaching Mondays to Sundays 1/F Swimming Pool</p> <p>1-Person Class: • HK\$410 per 30 minutes • HK\$615 per 45 minutes • HK\$820 per hour</p> <p>2-Person Class: • HK\$295 per 30 minutes • HK\$440 per 45 minutes • HK\$590 per hour</p>
<p>Hatha Yoga Coaching (Instructor - Sally Fong) By Appointment 1/F Studio</p> <p>1-Person Class: • HK\$900 per hour</p> <p>2-Person Class: • Member HK\$565 per hour • Guest HK\$680 per hour</p>	<p>TAI CHI</p>	<p>SINGING</p>	<p>Swimming - Group Coaching Mondays to Sundays 1/F Swimming Pool</p> <p>• Beginner I (5 persons in maximum):HK\$180 per 30 minutes • Beginner II (6 persons in maximum):HK\$180 per 30 minutes • Beginner III (10 persons in maximum):HK\$180 per 45 minutes • Improvers (10 persons in maximum):HK\$180 per 45 minutes • Advanced Improvers (10 persons in maximum):HK\$180 per 45 minutes • Advanced Improvers (10 persons in maximum):HK\$210 per hour</p>
	<p>Tai Chi Coaching (Instructor - Wong Yim Ming) By Appointment 2/F Gym</p> <p>1-Person Class: • HK\$900 per hour</p> <p>2-Person Class: • Member HK\$565 per hour • Guest HK\$680 per hour</p>	<p>Chinese Pop Singing Coaching (Instructor - Ho Kwok Sing) By Appointment 1/F Studio</p> <p>1-Person Class: • HK\$930 per hour</p> <p>2-Person Class: • Member HK\$630 per hour • Guest HK\$760 per hour</p>	
SPORTS			
<p>Table Tennis Coaching (Instructor - Chan Kar Yiu, Alex) By Appointment 1/F Table Tennis Court</p> <p>1-Person Class: • HK\$46 per hour</p> <p>2-Person Class: • Member HK\$285 per hour • Guest HK\$345 per hour (Included court Fee: HK\$25 per hour)</p>	<p>Snooker Coaching (Instructor - Bosco LI) By Appointment 2/F Billiard Room</p> <p>1-Person Class: • HK\$1300 per 2 hours</p> <p>2-Person Class: • Member HK\$850 per 2 hours • Guest HK\$1020 per 2 hours</p>	<p>Squash Coaching (Instructor - Yip Ho Lun, Danny) By Appointment 1/F Studio</p> <p>1-Person Class: • HK\$485 per hour</p> <p>2-Person Class: • Member HK\$290 per hour • Guest HK\$350 per hour (Included court Fee: HK\$25 per hour)</p>	<p>Basketball Coaching (Instructors - Yeung Man Kwong & Angus Pang) By Appointment 1/F Mini Basketball Court</p> <p>1-Person Class: • HK\$615 per hour</p> <p>2-Person Class: • Member HK\$322 per hour • Guest HK\$390 per hour (Included court Fee: HK\$30 per hour)</p>
<p>Kick-Boxing (Personal Trainer - Law Kwong Sum, Roderick Lam) By Appointment 1/F Studio</p> <p>1-Person Class: • HK\$815 per hour • HK\$7,650 per 10 hours • HK\$14,000 per 20 hours</p> <p>2-Person Class: • Member: HK\$500 per hour HK\$4,570 per 10 hours HK\$9,000 per 20 hours • Guest: HK\$600 per hour HK\$5,480 per 10 hours HK\$10,800 per 20 hours</p>	<p>SPINNING</p>	<p>NURSERY SQUAD</p>	
	<p>Kick-Boxing (Personal Trainer - Law Kwong Sum) By Appointment 2/F Gym</p> <p>1-Person Class: • HK\$815 per hour • HK\$7,650 per 10 hours • HK\$14,000 per 20 hours</p>	<p>Nursery Squad Tuesdays & Thursdays: 5:30 pm - 7:00 pm 1/F Swimming Pool</p> <p>Fee: HK\$1,115 per month</p>	<p>Nursery Squad Tuesdays & Thursdays: 5:30 pm - 7:00 pm; Sun, 1/F Swimming Pool</p> <p>Fee: HK\$1,665 per month</p>

REHABILITATION	PHYSIOTHERAPYS	MEDICAL EXERCISE	PILATES
<p>Rehabilitation by Stretching Coaching (Instructor - Karmina Lee)</p> <p>By Appointment 1/F Studio</p> <p>1-Person Class:</p> <ul style="list-style-type: none"> • HK\$900 per hour <p>2-Person Class:</p> <ul style="list-style-type: none"> • Member HK\$565 per hour • Guest HK\$680 per hour 	<p>Physiotherapy Services (Personal Trainer - Stephanie Tsue, Winnie Chiu)</p> <p>By Appointment 2/F Gym</p> <p>1-Person Class:</p> <ul style="list-style-type: none"> • HK\$815 per hour • HK\$7,650 per 10 hours • HK\$14,000 per 20 hours <p>2-Person Class:</p> <ul style="list-style-type: none"> • Member: HK\$500 per hour HK\$4,270 per 10 hours HK\$8,000 per 20 hours • Guest: HK\$600 per hour HK\$5,480 per 10 hours HK\$10,800 per 20 hours 	<p>Medical Exercise (Personal Trainer - Josephine Chan)</p> <p>By Appointment 2/F Gym</p> <p>1-Person Class:</p> <ul style="list-style-type: none"> • HK\$815 per hour • HK\$7,650 per 10 hours • HK\$14,000 per 20 hours <p>2-Person Class:</p> <ul style="list-style-type: none"> • Member: HK\$500 per hour HK\$4,570 per 10 hours HK\$9,000 per 20 hours • Guest: HK\$600 per hour HK\$5,480 per 10 hours HK\$10,800 per 20 hours <p>Instructors: Josephine Chan, Stephanie Tsue, Bibi Lam, Deandra Ku, Winnie Chiu, Tessa Chan & Ray Wong</p>	<p>Personal Pilates Reformer</p> <p>By Appointment 2/F Gym</p> <p>1-Person Class:</p> <ul style="list-style-type: none"> • HK\$815 per hour • HK\$7,650 per 10 hours • HK\$14,000 per 20 hours <p>2-Person Class:</p> <ul style="list-style-type: none"> • Member: HK\$500 per hour HK\$4,570 per 10 hours HK\$9,000 per 20 hours • Guest: HK\$600 per hour HK\$5,480 per 10 hours HK\$10,800 per 20 hours <p>Instructors: Josephine Chan, Stephanie Tsue, Bibi Lam, Deandra Ku, Winnie Chiu, Tessa Chan & Ray Wong</p>
WING CHUN		DANCING	
<p>Wing Chun Coaching (Instructor - Calvin Chiu)</p> <p>By Appointment 1/F Studio</p> <p>1-Person Class:</p> <ul style="list-style-type: none"> • HK\$900 per hour <p>2-Person Class:</p> <ul style="list-style-type: none"> • Member HK\$565 per hour • Guest HK\$680 per hour 	<p>Line Dancing Coaching (Instructor - Carmela Lau)</p> <p>By Appointment 1/F Studio</p> <p>1-Person Class:</p> <ul style="list-style-type: none"> • HK\$680 per hour <p>2-Person Class:</p> <ul style="list-style-type: none"> • Member HK\$456 per hour • Guest HK\$560 per hour 	<p>Slimming Dancing Coaching (Instructor - Karmina Lee)</p> <p>By Appointment 1/F Studio</p> <p>1-Person Class:</p> <ul style="list-style-type: none"> • HK\$900 per hour <p>2-Person Class:</p> <ul style="list-style-type: none"> • Member HK\$565 per hour • Guest HK\$680 per hour 	<p>Ballroom Dance Coaching (Instructor - Tony Lai)</p> <p>By Appointment 1/F Studio</p> <p>1-Person Class:</p> <ul style="list-style-type: none"> • HK\$1450 per hour <p>2-Person Class:</p> <ul style="list-style-type: none"> • Member HK\$945 per hour • Guest HK\$1135 per hour