Detailed Private Class Info

Enquiries: 2966 6639 / 2966 6515

YOGA & STRETCHING

Fitness Yoga Coaching
(Instructor - Karmina Lee)

By Appointment
1/F Studio

1-Person Class:
• HK$940 per hour

2-Person Class:
• Member HK$590 per hour
• Guest HK$710 per hour

Hatha Yoga Coaching
(Instructor - Sally Fong)

By Appointment
1/F Studio

1-Person Class:
• HK$940 per hour

2-Person Class:
• Member HK$590 per hour
• Guest HK$710 per hour

Rehabilitation by Stretching
(Instructor - Karmina Lee)

By Appointment
1/F Studio

1-Person Class:
• HK$900 per hour

2-Person Class:
• Member HK$565 per hour
• Guest HK$680 per hour

PERSONAL TRAINER

Personal Trainers

By Appointment
2/F Gym

Senior Trainers:
Josephine Chan, BiBi Lam, Stephanie Tsue, Deandra Ku, Winnie Chiu, Tessa Chan, Fancy Cheng, Roderick Lam, Ray Wong & Aaron Chung

1-Person Class:
• HK$990per hour
• HK$8,800 per 10 hours
• HK$17,000 per 20 hours

2-Person Class:
• Member:
HK$570 per hour
HK$5,300 per 10 hours
HK$10,200 per 20 hours
• Guest:
HK$685 per hour
HK$6,360 per 10 hours
HK$12,240 per 20 hours

Regular Trainers:
Gigi Fung, Carmen Lee, Lam Wai Kin, Kelvin Yeung, Sam Lau & Liam Mo

1-Person Class:
• HK$890per hour
• HK$8,300 per 10 hours
• HK$15,900 per 20 hours

2-Person Class:
• Member:
HK$530 per hour
HK$4,900 per 10 hours
HK$9,500 per 20 hours
• Guest:
HK$640 per hour
HK$5,880 per 10 hours
HK$11,400 per 20 hours

Personal Training with Gyrotonic

By Appointment
2/F Gym

Senior Trainers:
Josephine Chan, Stephanie Tsue, Deandra Ku & Bibi Lam

1-Person Class:
• HK$1,020 per hour
• HK$9,350 per 10 hours
• HK$18,000 per 20 hours

2-Person Class:
• Member:
HK$600 per hour
HK$5,550 per 10 hours
HK$10,700 per 20 hours
• Guest:
HK$720 per hour
HK$6,660 per 10 hours
HK$12,840 per 20 hours

Regular Trainers:
Carmen Lee

1-Person Class:
• HK$940 per hour
• HK$8,800 per 10 hours
• HK$16,700 per 20 hours

2-Person Class:
• Member:
HK$565 per hour
HK$5,250 per 10 hours
HK$10,000 per 20 hours
• Guest:
HK$680 per hour
HK$6,300 per 10 hours
HK$12,000 per 20 hours

SWIMMING

Swimming - Private Coaching

Mondays to Sundays
1/F Swimming Pool

1-Person Class:
•HK$490 per 30 minutes
• HK$730 per 45 minutes
•HK$975 per hour

2-Person Class:
•HK$350 per 30 minutes
•HK$520 per 45 minutes
•HK$695 per hour

Swimming - Group Coaching

Mondays to Sundays
1/F Swimming Pool

Beginner I
(5 persons in maximum):HK$210 per 30 minutes
Beginner II
(6 persons in maximum):HK$210 per 30 minutes
Beginner III
(10 persons in maximum):HK$215 per 45 minutes
Improvers
(10 persons in maximum):HK$215 per 45 minutes
Advanced Improvers
(10 persons in maximum):HK$215 per 45 minutes
Advanced Improvers
(10 persons in maximum):HK$240 per hour

SPORTS

Table Tennis Coaching
(Instructor - Chan Kar Yiu, Alex)

By Appointment
1/F Multi-Purpose Courts

1-Person Class:
• HK$535 per hour

2-Person Class:
• Member HK$325 per hour
• Guest HK$390 per hour
(Included 1 hour court fee)

Snooker Coaching
(Instructor - Bosco Li)

By Appointment
6/F Snooker Room

1-Person Class:
• HK$1300 per 2 hours

2-Person Class:
• Member HK$850 per 2 hours
• Guest HK$1020 per 2 hours
(Included 2 hours court fee)

Basketball Coaching
(Instructors - Yeung Man Kwong)

By Appointment
1/F Multi-Purpose Courts

1-Person Class:
• HK$730 per hour

2-Person Class:
• Member HK$390 per hour
• Guest HK$470 per hour
(Included 1 hour court fee)

Golf Coaching
(Instructors - Eric Shum)

By Appointment
1/F Golf Simulator Room

1-Person Class:
• HK$1,250 per hour
• HK$5,775 per 5 hours
• HK$11,400 per 10 hours

2-Person Class:
• Member HK$660 per hour
• Guest HK$790 per hour
(Included 1 hour court fee)

Dancing

Line Dancing
(Instructor - Carmela Lau)

By Appointment
1/F Studio

1-Person Class:
• HK$900 per hour

2-Person Class:
• Member HK$565 per hour
• Guest HK$680 per hour

Slimming Dance
(Instructor - Karmina Lee)

By Appointment
1/F Studio

1-Person Class:
• HK$900 per hour

2-Person Class:
• Member HK$565 per hour
• Guest HK$680 per hour

Sound Bath

Sound Bath by Singing Bowl
(Instructor - Sally Fong)

By Appointment
1/F Studio / 2/F Massage Room

1-Person Class:
• HK$930 per hour (1/F Studio)
• HK$1080 per hour (2/F Massage Room)

2-Person Class:
• Member HK$565 per hour
• Guest HK$680 per hour

SINGING

Chinese Pop Singing Coaching
(Instructor - Ho Kwok Sing)

By Appointment
1/F Studio

1-Person Class:
• HK$930 per hour

2-Person Class:
• Member HK$630 per hour
• Guest HK$760 per hour