## Detailed Private Class Info Enquiries: 2966 6639 / 2966 6515

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YOGA	PERSONAL	L TRAINER	SWIMMING		
Fitness Yoga Coaching (Instructor - Karmina Lee) By Appointment 1/F Studo	Personal Trainers  By Appointment 2/F Gym	Personal Training with Gyrotonic  By Appointment 2/F Gym	Swimming - Private Coaching  Mondays to Sundays  1/F Swimming Pool		
1-Person Class: • HK\$900 per hour	1-Person Class: + HK\$315 per hour + HK\$7.650 per 10 hours + HK\$14,000 per 20 hours	1-Person Class:	1-Person Class: +HK\$410 per 30 minutes +HK\$515 per 45 minutes +HK\$520 per hour		
2-Person Class:  • Member HK\$565 per hour  • Guest HK\$680 per hour	2-Person Class:  - Member: HKSS400 per hour HKS4.570 per 10 hours HKS4.570 per 10 hours HKS40.570 per 10 hours HKS40.570 per 10 hours HKS60.570 per 10 hours HKS60.00 per 20 hours HKS10.00 per 20 hours Personal Trainer. Josephine Chan, BBI. Lam, Stephanie Taue, Deandra Ku, Whonie Chu, Tesas Chan, Law Kwong Sum, Roderick Lam, Ry Wroga Kales, Law Kwong Sum, Roderick Lam, Ry Wroga Kales, Law Kwong	2-Person Class:  - Member: HK\$500 per hour HK\$45,70 per 10 hours HK\$500 per hours - Guest HK\$500 per 20 hours - Guest HK\$500 per hour HK\$5,400 per 10 hours HK\$10,000 per 20 hours  - Personal Trainers: Josephine Chan, Stephanie Tsue, Deandra Ku & Bib Lam	2-Person Class: +H4S295 per 30 minutues +H4S440 per 45 minutues +H4S390 per hour		
	TAI CHI	SINGING			
Hatha Yoga Coaching (Instructor - Sally Fong) By Appointment 1/F Studio	Tai Chi Coaching (Instructor - Wong Yim Ming) By Appointment 2/F Gym	Chinese Pop Singing Coaching (Instructor - Ho Kwok Sing) By Appointment 1/F Studio	Swimming - Group Coaching  Mondays to Sundays  1/F Swimming Pool		
1-Person Class: •HK\$000 per hour	1-Person Class: +HK\$900 per hour	1-Person Class: • HK\$930 per hour	Beginner I     (5 persons in maximum);HK\$180 per 30 minutes     Beginner II     (6 persons in maximum);HK\$180 per 30 minutes     (7 persons in maximum);HK\$180 per 30 minutes     (10 persons in maximum);HK\$180 per 45     minutes		
2-Person Class: • Member HK5656 per hour • Guest HK5690 per hour	2-Person Class:  • Member HKSS65 per hour  • Guest HKS680 per hour	2-Person Class:  • Member HK\$750 per hour  • Guest HK\$750 per hour	Improvers (10 persons in maximum)-HK\$180 per 45 minutes Advanced Improvers (10 persons in maximum)-HK\$180 per 45 minutes (10 persons in maximum)-HK\$210 per 45 minutes (10 persons in maximum)-HK\$210 per hour		
	SPORTS				
Table Tennis Coaching (Instructor - Chan Kar Yiu, Alex)	Snooker Coaching (Instructor - Bosco Li)	Squash Coaching (Instructor - Yip Ho Lun, Danny)	Basketball Coaching (Instructors - Yeung Man Kwong & Angus Pang)		
By Appointment 1/P Table Tennis Court	By Appointment 2/F Billiard Room	By Appointment 1/F Studio	By Appointment 1/F Mini Basketball Court		
1-Person Class: • HK\$46 per hour	1-Person Class: • HK\$1300 per 2 hours	1-Person Class: • HK\$485 per hour	1-Person Class: • HK\$615 per hour		
2-Person Class:  • Member MSSSS par hour  • Member MSSSS par hour  (Included court Fee: HKS25 per hour)	2-Person Class:  Menther HK3550 per 2 hours  - Curest HK3 1000 per 2 hours	2-Person Class:  - Member 145250 per hour - Herber 145250 per hour - (Included court Fee: HK\$25 per hour)	2-Person Class:  1 Member 18522 per hour 1 Member 185380 per hour (Included court Fee: HKS30 per hour)		
	SPINNING	NURSER	URSERY SQUAD		
Kick-Boxing (Personal Trainer - Law Kwong Sum, Roderick Lam) By Appointment 1/F Studio	Kick-Boxing (Personal Trainer - Law Kwong Sum) By Appointment 2/F Gym	Nursery Squad  Tuesdays & Thursdays: 5:30 pm - 7:00 pm 1/F Swimming Pool	Nursery Squad Tuesdays & Thursdays: 5:30 pm - 7:00 pm; Sun, 1/F Swimming Pod		
1-Person Class: - HK8315 perhour - HK87 856 per 10 hours - HK57 856 per 20 hours	1-Person Class: - HKS(815 per hour - HKS7/60 per 10 hours - HKS14,000 per 20 hours	Fee: HK\$1,115 per month	Fee: HK\$1,865 per month		
2-Person Class:  - Member:  HK\$500 per hour  HK\$4,570 per 10 hours  HK\$9,000 per 20 hours  HK\$9,000 per hour  HK\$6,000 per 10 hours  HK\$5,000 per 10 hours  HK\$5,000 per 20 hours					

PHYSIOTHERAPYS	MEDICAL EXERCISE	PILATES
Physiotherapy Services (Personal Trainer - Stephanie Tsue, Winnie Chiu)	Medical Exercise (Personal Trainer - Josephine Chan)	Personal Pilates Reformer
By Appointment 2/F Gym	By Appointment 2/F Gym	By Appointment 2/F Gym
1-Person Class: - HK\$815 per hour - HK\$7,650 per 10 hours - HK\$14,000 per 20 hours	1-Person Class: - HK\$815 per hour - HK\$7.850 per 10 hours - HK\$14,000 per 20 hours	1-Person Class: - I-IKS815 per hour - I-IKS7,550 per 10 hours - I-IKS14,000 per 20 hours
2-Person Class: - Member: HKS500 per hour HK34.570 per 10 hours HK39,000 per 20 hours - Guest: HK39,000 per 10 hours HK39,000 per 10 hours HK51,400 per 10 hours HK51,400 per 10 hours	2-Person Class: - Merisoc: - HKS500 per hour - HKS4,670 per 10 hours - HKS4,670 per 10 hours - Guest: - Guest: - HKS4,600 per 20 hours - HKS4,600 per 10 hours - HKS5,480 per 10 hours - HKS10,800 per 20 hours	2-Person Class:  - Member - Member - MK54.970 per hours - MK54.970 per 10 hours - MK54.970 per 20 hours - Guest: - Guest: - MK56.980 per 20 hours - MK510.880 per 20 hours - MK510.880 per 20 hours - MK510.880 per 20 hours - Manutuctors: - Josephine Chan, Stephanie Tsue, Bibl.Lam, - Deendire Ku, Winnie Chau, Tessa Chan & Ray Wong - Member Chan, Stephanie Tsue, Bibl.Lam, - Deendire Ku, Winnie Chau, Tessa Chan & Ray Wong - MK510.880 per 20 hours
DANCING		
Line Dancing Coaching (Instructor - Carmela Lau)	Slimming Dancing Coaching (Instructor - Karmina Lee)	Ballroom Dance Coaching (Instructor - Tony Lai)
By Appointment 1/F Studio	By Appointment 1/F Studio	By Appointment 1/F Studio
1-Person Class: • HK\$680 per hour	1-Person Class: • HK\$900 per hour	1-Person Class: • HK\$1450 per hour
2-Person Class:  • Member HK\$456 per hour  • Guest HK\$560 per hour	2-Person Class:  • Member HK\$565 per hour  • Guest HK\$580 per hour	2-Person Class:  • Member HK\$945 per hour  • Guest HK\$1135 per hour
	Physiotherapy Services (Personal Trainer - Stephanie Tsue, Wimmie Chiu) By Appointment 2/F Gym  1-Person Class: - HKS815 per hour - HKS815 per hour - HKS810 per hour hours - HKS810 per hour hours - HKS800 per hour hKS810,800 per 10 hours - HKS80,800 per hours	Physiotherapy Services (Personal Trainer - Stephanie Tsue, Winnie Chiu) By Appointment 2F Gym  1-Person Class: - HK331 Sper hour - HK314,000 per 20 hours - HK314,000 per 20 hours  2-Person Class: - Member: - HK3500 per hour