

	Monday	Tuesday 1/7	Wednesday 2/7	Thursday 3/7	Friday 4/7	Saturday 5/7	Sunday 6/7
 9579 4720 MARJARY YOGA 貓式 尖沙咀D2出口1分鐘 報名連結 		公眾假期 休息一天 	Beginner Yoga 初級瑜珈 10:00-11:00				
				自由預約 11:00-15:00 (需WhatsApp 聯絡預約)			Shoulder Stretch 肩膊伸展 11:00-12:00
						Summer Class- Animal Flow 12:00-13:15	Back Care Yoga 腰背伸展 12:15-13:15
						Aerial Stretch 空中伸展 14:00-15:00	
						Wheel Yoga Stretch 瑜珈輪伸展 15:10-16:10	
					Yin Yoga 陰瑜珈/靜態伸展 18:15-19:15		
			Animal Flow 19:25-20:25	Private Class 19:00-20:00	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:25-20:25		
			TRX 20:35-21:35	Hip Stretch 髖關節伸展 20:15-21:15			

	Monday 7/7	Tuesday 8/7	Wednesday 9/7	Thursday 10/7	Friday 11/7	Saturday 12/7	Sunday 13/7
  9579 4720  MARJARY YOGA  貓式  尖沙咀D2出口1分鐘			Beginner Yoga 初級瑜珈 10:00-11:00				
			Aerial Yoga Lv.0 空中瑜珈Lv.0 11:20-12:20	自由預約 11:00-15:00 (需WhatsApp 聯絡預約)			Hip Stretch 髖關節伸展 11:00-12:00
						Summer Class- Animal Flow 12:00-13:15	Hatha Yoga 哈達瑜珈 (後彎伸展) 12:10-13:10
						Aerial Stretch 空中伸展 14:00-15:00	
					自由預約 15:00-17:00 (需WhatsApp 聯絡預約)	Yin Yoga 陰瑜珈/靜態伸展 15:10-16:00	
		Beginner Yoga 初級瑜珈 17:45-18:45			Wheel Yoga Stretch 瑜珈輪伸展 18:15-19:15		
	Back Care Yoga 腰背伸展 19:30-20:30	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	Private Class 19:00-20:00	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:25-20:25		
	Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35			Shoulder Stretch 肩膊伸展 20:15-21:15			

報名連結



	Monday 14/7	Tuesday 15/7	Wednesday 16/7	Thursday 17/7	Friday 18/7	Saturday 19/7	Sunday 20/7
  9579 4720  MARJARY YOGA  貓式  尖沙咀D2出口1分鐘 報名連結 			Beginner Yoga 初級瑜珈 10:00-11:00				
				自由預約 11:00-15:00 (需WhatsApp 聯絡預約)			Shoulder Stretch 肩膊伸展 11:00-12:00
		自由預約 14:00-17:00 (需WhatsApp 聯絡預約)				Summer Class- Animal Flow 12:00-13:15	Back Care Yoga 腰背伸展 12:15-13:15
						Aerial Stretch 空中伸展 14:00-15:00	
						Wheel Yoga Stretch 瑜珈輪伸展 15:10-16:10	
		Beginner Yoga 初級瑜珈 17:45-18:45			Private Class 18:15-19:15		
	Beginner Yoga 初級瑜珈 19:30-20:30	Hatha Yoga 哈達瑜珈 (大字馬) 19:25-20:25	Animal Flow 19:25-20:25	Private Class 19:00-20:00	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:25-20:25		
	Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35		TRX 20:35-21:35	Hip Stretch 髖關節伸展 20:15-21:15			

	Monday 21/7	Tuesday 22/7	Wednesday 23/7	Thursday 24/7	Friday 25/7	Saturday 26/7	Sunday 27/7
  9579 4720  MARJARY YOGA  貓式  尖沙咀D2出口1分鐘			Beginner Yoga 初級瑜珈 10:00-11:00				
			Aerial Yoga Lv.0 空中瑜珈Lv.0 11:20-12:20	自由預約 11:00-15:00 (需WhatsApp 聯絡預約)			Hip Stretch 髖關節伸展 11:00-12:00
						Summer Class- Animal Flow 12:00-13:15	Hatha Yoga 哈達瑜珈 (Twisting 扭轉式子) 12:15-13:15
					自由預約 15:00-17:00 (需WhatsApp 聯絡預約)	Aerial Stretch 空中伸展 14:00-15:00	
						Yin Yoga 陰瑜珈/靜態伸展 15:10-16:10	
		Beginner Yoga 初級瑜珈 17:45-18:45			Private Class 18:15-19:15		
	Back Care Yoga 腰背伸展 19:30-20:30	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	Private Class 19:00-20:00	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:25-20:25		
	Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35			Shoulder Stretch 肩膊伸展 20:15-21:15			

報名連結



	Monday 28/7	Tuesday 29/7	Wednesday 30/7	Thursday 31/7			
  9579 4720  MARJARY YOGA  貓式  尖沙咀D2出口1分鐘			Beginner Yoga 初級瑜珈 10:00-11:00				
				自由預約 11:00-15:00 (需WhatsApp 聯絡預約)			
		自由預約 14:00-17:00 (需WhatsApp 聯絡預約)					
		Beginner Yoga 初級瑜珈 17:45-18:45					
	Beginner Yoga 初級瑜珈 19:30-20:30	Hatha Yoga 哈達瑜珈 (前彎及側彎) 19:25-20:25	Animal Flow 19:25-20:25	Private Class 19:00-20:00			
	Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35			Shoulder Stretch 肩膊伸展 20:15-21:15			

報名連結





9579 4720

MARJARY
YOGA

貓式

尖沙咀D2出口1分鐘

上課地點：
(星號位置)



報名連結

