









		Wednesday 1/5	Thursday 2/5	Friday 3/5	Saturday 4/5	Sunday 5/5	
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘 2人成班</p>							
			Private Class 11:00-12:00		Aerial Yoga Lv.1 空中瑜珈Lv.1 11:00-12:00		
			Aerial Yoga Lv.0 空中瑜珈Lv.0 12:25-13:25			Wheel Yoga Stretch 瑜珈輪伸展 12:05-13:05	
					Private Class 18:15-19:15		
				Private Class 18:50-19:50	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:25-20:25		
				Beginner Yoga 初級瑜珈 20:20-21:20	Wheel Yoga Stretch 瑜珈輪伸展 20:35-21:35		

要陪
Dumbo
睇醫生


報名連結








	Monday 6/5	Tuesday 7/5	Wednesday 8/5	Thursday 9/5	Friday 10/5	Saturday 11/5	Sunday 12/5
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘 2人成班</p> <p>報名連結</p> 			Beginner Yoga 初級瑜珈 10:00-11:00				
						Aerial Yoga Lv.1 空中瑜珈Lv.1 11:00-12:00	
	Yin Yoga 陰瑜珈 13:00-14:00					Wheel Yoga Stretch 瑜珈輪伸展 12:05-13:05	Gentle Stretch 溫和伸展 13:00-14:00
	Aerial Yoga Lv.0 空中瑜珈Lv.0 14:15-15:15					Animal Flow 14:30-15:30	Hip Stretch 髖關節伸展 14:10-15:10
						Private Class 18:15-19:15	
	Aerial Yoga Lv.0 空中瑜珈Lv.0 18:55-19:55	Beginner Yoga 初級瑜珈 19:30-20:30			Private Class 18:50-19:50	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:25-20:25	
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:40-21:40			Beginner Yoga 初級瑜珈 20:20-21:20	Wheel Yoga Stretch 瑜珈輪伸展 20:35-21:35	

	Monday 13/5	Tuesday 14/5	Wednesday 15/5	Thursday 16/5	Friday 17/5	Saturday 18/5	Sunday 19/5
 <p>  9579 4720  MARJARY YOGA  貓式  尖沙咀D2出口1分鐘 2人成班 </p>							
			Aerial Yoga Lv.1 空中瑜珈Lv.1 11:00-12:00			Aerial Yoga Lv.1 空中瑜珈Lv.1 11:00-12:00	
	Yin Yoga 陰瑜珈 13:00-14:00		Aroma Massage Yoga 香薰按摩瑜珈 12:10-13:10			Wheel Yoga Stretch 瑜珈輪伸展 12:05-13:05	Gentle Stretch 溫和伸展 13:00-14:00
	Aerial Yoga Lv.0 空中瑜珈Lv.0 14:15-15:15					Animal Flow 14:30-15:30	Shoulder Stretch 肩膊伸展 14:10-15:10
						Private Class 18:15-19:15	
		Beginner Yoga 初級瑜珈 19:30-20:30			Private Class 18:50-19:50	Beginner Yoga 初級瑜珈 19:25-20:25	
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:40-21:40			Beginner Yoga 初級瑜珈 20:20-21:20	Aerial Yoga Lv.0 空中瑜珈Lv.0 20:35-21:35	

報名連結



	Monday 20/5	Tuesday 21/5	Wednesday 22/5	Thursday 23/5	Friday 24/5	Saturday 25/5	Sunday 26/5
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘 2人成班</p> <p>報名連結</p> 			Beginner Yoga 初級瑜珈 10:00-11:00				
						Aerial Yoga Lv.1 空中瑜珈Lv.1 11:00-12:00	
	Yin Yoga 陰瑜珈 13:00-14:00					Wheel Yoga Stretch 瑜珈輪伸展 12:05-13:05	Gentle Stretch 溫和伸展 13:00-14:00
	Aerial Yoga Lv.0 空中瑜珈Lv.0 14:15-15:15					Animal Flow 14:30-15:30	Hip Stretch 髖關節伸展 14:10-15:10
					Private Class 18:15-19:15		
		Aerial Yoga Lv.1 空中瑜珈Lv.1 18:55-19:55	Hatha Yoga 哈達瑜珈 18:45-19:45	Private Class 18:50-19:50	Beginner Yoga 初級瑜珈 19:25-20:25		
		Gentle Stretch 溫和伸展 20:05-21:05	Animal Flow 19:45-20:45	Beginner Yoga 初級瑜珈 20:20-21:20	Aerial Yoga Lv.0 空中瑜珈Lv.0 20:35-21:35		

	Monday 27/5	Tuesday 28/5	Wednesday 29/5	Thursday 30/5	Friday 31/5			
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘 2人成班</p> <p>報名連結</p> 			Beginner Yoga 初級瑜珈 10:00-11:00		Out Town 			
	Yin Yoga 陰瑜珈 13:00-14:00							
	Aerial Yoga Lv.0 空中瑜珈Lv.0 14:15-15:15							
		Aerial Yoga Lv.1 空中瑜珈Lv.1 18:55-19:55	Hatha Yoga 哈達瑜珈 18:45-19:45	Private Class 18:50-19:50				
		Gentle Stretch 溫和伸展 20:05-21:05	Animal Flow 19:45-20:45	Beginner Yoga 初級瑜珈 20:20-21:20				