

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 1/11	Sunday 2/11
  9579 4720  MARJARY YOGA  貓式  尖沙咀D2出口1分鐘 報名連結 							
							Animal Flow 11:00-12:00
							Themed Yoga 主題瑜珈 (主題: 平衡動作) 12:30-13:30
						Shoulder Stretch 肩膊伸展 13:00-14:00	Wheel Yoga Stretch 瑜珈輪伸展 13:35-14:35
						Back Care Yoga 腰背伸展 14:00-15:00	

	Monday 3/11	Tuesday 4/11	Wednesday 5/11	Thursday 6/11	Friday 7/11	Saturday 8/11	Sunday 9/11
  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				Animal Flow 11:00-12:00
	自由預約 14:00-17:00 (需WhatsApp 聯絡預約)			自由預約 14:00-16:00 (需WhatsApp 聯絡預約)			Themed Yoga 主題瑜珈 (主題: 後彎拱橋) 12:30-13:30
						Back Care Yoga 腰背伸展 13:00-14:00	Wheel Yoga Stretch 瑜珈輪伸展 13:35-14:35
					Private Class 16:00-17:00	Hip Stretch 髖關節伸展 14:00-15:00	
					Private Class 18:15-19:15		
	Gentle Stretch 靜態伸展 19:15-20:15	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 19:35-20:35		
		Aerial Stretch 空中伸展瑜珈 20:30-21:30		Shoulder Stretch 肩膊伸展 20:15-21:15			

報名連結



	Monday 10/11	Tuesday 11/11	Wednesday 12/11	Thursday 13/11	Friday 14/11	Saturday 15/11	Sunday 16/11
  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 14:00-16:00 (需WhatsApp 聯絡預約)			
	自由預約 15:00-17:00 (需WhatsApp 聯絡預約)						
	Gentle Stretch 靜態伸展 19:15-20:15	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	Private Class 19:00-20:00			
	自由預約 20:15-21:30(需 WhatsApp 聯絡 預約)	Aerial Stretch 空中伸展瑜珈 20:30-21:30		Hip Stretch 髖關節伸展 20:15-21:15			

報名連結



	Monday 17/11	Tuesday 18/11	Wednesday 19/11	Thursday 20/11	Friday 21/11	Saturday 22/11	Sunday 23/11
 9579 4720 MARJARY YOGA 貓式 尖沙咀D2出口1分鐘 Out town 報名連結 			Beginner Yoga 初級瑜珈 10:00-11:00				
			Aerial Yoga Lv.0 空中瑜珈Lv.0 11:20-12:20				Animal Flow 11:00-12:00
				自由預約 13:00-15:00 (需WhatsApp 聯絡預約)			Themed Yoga 主題瑜珈 (主題: 腰側伸展) 12:30-13:30
						Shoulder Stretch 肩膊伸展 13:00-14:00	Wheel Yoga Stretch 瑜珈輪伸展 13:35-14:35
					Private Class 16:00-17:00	Back Care Yoga 腰背伸展 14:00-15:00	
					Private Class 18:15-19:15		
		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 19:35-20:35		
		Aerial Stretch 空中伸展瑜珈 20:30-21:30		Shoulder Stretch 肩膊伸展 20:15-21:15			

	Monday 24/11	Tuesday 25/11	Wednesday 26/11	Thursday 27/11	Friday 28/11	Saturday 29/11	Sunday 30/11
  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				Animal Flow 11:00-12:00
				自由預約 13:00-15:00 (需WhatsApp 聯絡預約)			Themed Yoga 主題瑜珈 (主題: 前彎伸展) 12:30-13:30
	自由預約 15:00-17:00 (需WhatsApp 聯絡預約)					Hip Stretch 髖關節伸展 13:00-14:00	Wheel Yoga Stretch 瑜珈輪伸展 13:35-14:35
						Back Care Yoga 腰背伸展 14:00-15:00	
					Private Class 18:15-19:15		
	Gentle Stretch 靜態伸展 19:15-20:15	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 19:35-20:35		
	自由預約 20:15-21:30(需 WhatsApp 聯絡 預約)	Aerial Stretch 空中伸展瑜珈 20:30-21:30		Hip Stretch 髖關節伸展 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

