












	Monday 1/4	Tuesday 2/4	Wednesday 3/4	Thursday 4/4	Friday 5/4	Saturday 6/4	Sunday 7/4		
 <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> 	復活節假期第四天		Beginner Yoga 初級瑜珈 10:00-11:00	清明節					
								Aerial Yoga Lv.1 空中瑜珈Lv.1 11:00-12:00	Animal Flow/ Private Class 11:30-12:30
								Wheel Yoga Stretch 瑜珈輪伸展 12:05-13:05	Gentle Stretch 溫和伸展 13:00-14:00
									Shoulder Stretch 肩膊伸展 14:10-15:10
								Private Class 18:15-19:15	
								Aerial Yoga Lv.0 空中瑜珈Lv.0 19:25-20:25	
			Beginner Yoga 初級瑜珈 19:30-20:30					Wheel Yoga Stretch 瑜珈輪伸展 20:35-21:35	
			Aerial Yoga Lv.1 空中瑜珈Lv.1 20:40-21:40			Animal Flow 19:45-20:45			



	Monday 8/4	Tuesday 9/4	Wednesday 10/4	Thursday 11/4	Friday 12/4	Saturday 13/4	Sunday 14/4
 <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	Animal Flow/ Private Class 11:30-12:30
	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						Hip Stretch 髖關節伸展 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	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	Animal Flow 19:45-20:45	Beginner Yoga 初級瑜珈 20:20-21:20	Wheel Yoga Stretch 瑜珈輪伸展 20:35-21:35		

	Monday 15/4	Tuesday 16/4	Wednesday 17/4	Thursday 18/4	Friday 19/4	Saturday 20/4	Sunday 21/4
 <p>  9579 4720  MARJARY YOGA  貓式  尖沙咀D2出口1分鐘 2人成班 </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	Animal Flow/ Private Class 11:30-12:30
	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						Shoulder Stretch 肩膊伸展 14:10-15:10
						Private Class 18:15-19:15	
		Aerial Yoga Lv.1 空中瑜珈Lv.1 18:55-19:55			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		

報名連結



	Monday 22/4	Tuesday 23/4	Wednesday 24/4	Thursday 25/4	Friday 26/4	Saturday 27/4	Sunday 28/4
 <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	Animal Flow/ Private Class 11:30-12:30
	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						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			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 29/4	Tuesday 30/4					
 <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> 							
	Yin Yoga 陰瑜珈 13:00-14:00						
	Aerial Yoga Lv.0 空中瑜珈Lv.0 14:15-15:15						
		Beginner Yoga 初級瑜珈 19:30-20:30					
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:40-21:40					