













	Monday 1/6	Tuesday 2/6	Wednesday 3/6	Thursday 4/6	Friday 5/6	Saturday 6/6	Sunday 7/6	
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>報名連結</p> 			Beginner Yoga 初級瑜珈 10:00-11:00	Beginner Yoga 初級瑜珈 10:00-11:00		<p>Out town</p> 		
	Shoulder Stretch 肩膊伸展 14:00-15:00							
							Aerial Yoga Lv.0 空中瑜珈Lv.0 16:00-17:00	
	Gentle Stretch 靜態伸展 18:30-19:30				Shoulder Stretch 肩膊伸展 18:30-19:30		Private Class 18:30-19:30	
	Beginner Yoga 初級瑜珈 19:35-20:35	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:35-20:35	Wheel Yoga Stretch 瑜珈輪伸展 19:30-20:30			
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35	Private Class 20:45-21:45					

	Monday 8/6	Tuesday 9/6	Wednesday 10/6	Thursday 11/6	Friday 12/6	Saturday 13/6	Sunday 14/6
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>Out town </p> <p>報名連結</p> 			Beginner Yoga 初級瑜珈 10:00-11:00	Beginner Yoga 初級瑜珈 10:00-11:00			
							Back Care Yoga 腰背伸展 11:00-12:00
						Animal Flow 12:00-13:00	Hip Stretch 髖關節伸展 12:00-13:00
						Beginner Yoga 初級瑜珈 13:30-14:30	
					Aerial Yoga Lv.0 空中瑜珈Lv.0 16:00-17:00	Wheel Yoga Stretch 瑜珈輪伸展 14:30-15:30	
				Hip Stretch 髖關節伸展 18:30-19:30	Private Class 18:30-19:30		
		Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:35-20:35	Wheel Yoga Stretch 瑜珈輪伸展 19:30-20:30		
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35	Private Class 20:45-21:45				

	Monday 15/6	Tuesday 16/6	Wednesday 17/6	Thursday 18/6	Friday 19/6	Saturday 20/6	Sunday 21/6	
 <p>MARJARY YOGA STUDIO 貓式</p> <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>報名連結</p> 			Beginner Yoga 初級瑜珈 10:00-11:00	Beginner Yoga 初級瑜珈 10:00-11:00	端午節 休息一天			
								Back Care Yoga 腰背伸展 11:00-12:00
	Hip Stretch 髖關節伸展 14:00-15:00						Animal Flow 12:00-13:00	Shoulder Stretch 肩膊伸展 12:00-13:00
							Beginner Yoga 初級瑜珈 13:30-14:30	
							Wheel Yoga Stretch 瑜珈輪伸展 14:30-15:30	
	Gentle Stretch 靜態伸展 18:30-19:30							
	Beginner Yoga 初級瑜珈 19:35-20:35	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	外出 工作				
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35	Private Class 20:45-21:45					

	Monday 22/6	Tuesday 23/6	Wednesday 24/6	Thursday 25/6	Friday 26/6	Saturday 27/6	Sunday 28/6	
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>報名連結</p> 			Beginner Yoga 初級瑜珈 10:00-11:00	Beginner Yoga 初級瑜珈 10:00-11:00				
							Back Care Yoga 腰背伸展 11:00-12:00	
	Shoulder Stretch 肩膊伸展 14:00-15:00						Animal Flow 12:00-13:00	Hip Stretch 髖關節伸展 12:00-13:00
							Beginner Yoga 初級瑜珈 13:30-14:30	
						Aerial Yoga Lv.0 空中瑜珈Lv.0 16:00-17:00	Wheel Yoga Stretch 瑜珈輪伸展 14:30-15:30	
	Gentle Stretch 靜態伸展 18:30-19:30					Private Class 18:30-19:30		
	Beginner Yoga 初級瑜珈 19:35-20:35	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	外出 工作		Wheel Yoga Stretch 瑜珈輪伸展 19:30-20:30		
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35	Private Class 20:45-21:45					

	Monday 29/6	Tuesday 30/6	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>MARJARY YOGA STUDIO 貓式</p> <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>報名連結</p> 							
	Shoulder Stretch 肩膊伸展 14:00-15:00						
	Gentle Stretch 靜態伸展 18:30-19:30						
	Beginner Yoga 初級瑜珈 19:35-20:35	Beginner Yoga 初級瑜珈 19:25-20:25					
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35					



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

