











	Monday	Tuesday	Wednesday	Thursday	Friday 1/5	Saturday 2/5	Sunday 3/5		
 <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> 					勞動節 休息一天				
								Back Care Yoga 腰背伸展 11:30-12:30	
								Animal Flow 13:30-14:30	Gentle Stretch 靜態伸展 12:30-13:30
								Beginner Yoga 初級瑜珈 14:45-15:45	

	Monday 4/5	Tuesday 5/5	Wednesday 6/5	Thursday 7/5	Friday 8/5	Saturday 9/5	Sunday 10/5
 <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			
							Back Care Yoga 腰背伸展 11:30-12:30
						Animal Flow 13:30-14:30	Gentle Stretch 靜態伸展 12:30-13:30
		Hip Stretch 髖關節伸展 14:00-15:00				Beginner Yoga 初級瑜珈 14:45-15:45	
	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 11/5	Tuesday 12/5	Wednesday 13/5	Thursday 14/5	Friday 15/5	Saturday 16/5	Sunday 17/5
 <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			
							Back Care Yoga 腰背伸展 11:30-12:30
						Animal Flow 13:30-14:30	Gentle Stretch 靜態伸展 12:30-13:30
		Shoulder Stretch 肩膊伸展 14:00-15:00				Beginner Yoga 初級瑜珈 14:45-15:45	
					Aerial Yoga Lv.0 空中瑜珈Lv.0 16:00-17:00		
	Gentle Stretch 靜態伸展 18:30-19:30				Hip Stretch 髖關節伸展 18:30-19:30	Private Class 18:30-19:30	
	Beginner Yoga 初級瑜珈 19:35-20:35	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 18/5	Tuesday 19/5	Wednesday 20/5	Thursday 21/5	Friday 22/5	Saturday 23/5	Sunday 24/5
 <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			
							Back Care Yoga 腰背伸展 11:30-12:30
						Animal Flow 13:30-14:30	Gentle Stretch 靜態伸展 12:30-13:30
		Hip Stretch 髖關節伸展 14:00-15:00				Beginner Yoga 初級瑜珈 14:45-15:45	
					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 25/5	Tuesday 26/6	Wednesday 27/5	Thursday 28/5	Friday 29/5	Saturday 30/5	Sunday 31/5
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>佛誕 休息一天</p> <p>報名連結</p> 				Beginner Yoga 初級瑜珈 10:00-11:00			
							Wheel Yoga Stretch 瑜珈輪伸展 11:30-12:30
						Animal Flow 13:30-14:30	Gentle Stretch 靜態伸展 12:30-13:30
		Shoulder Stretch 肩膊伸展 14:00-15:00				Beginner Yoga 初級瑜珈 14:45-15:45	
					Aerial Yoga Lv.0 空中瑜珈Lv.0 16:00-17:00		
				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				



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

