




	Monday	Tuesday	Wednesday 1/4	Thursday 2/4	Friday 3/4	Saturday 4/4	Sunday 5/4	
 <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					
						Wheel Yoga Stretch 瑜珈輪伸展 14:00-15:00	Animal Flow 13:30-14:30	Out town 
				Aerial Yoga Lv.0 空中瑜珈Lv.0 16:30-17:30		Beginner Yoga 初級瑜珈 14:45-15:45		
				Animal Flow 19:25-20:25	Private Class 19:00-20:00			
				自由預約 20:35-21:35 (需WhatsApp 聯絡預約)				

Monday  
6/4

Tuesday  
7/4

Wednesday  
8/4

Thursday  
9/4

Friday  
10/4

Saturday  
11/4

Sunday  
12/4



9579 4720

MARJARY  
YOGA

貓式

尖沙咀D2出口1分鐘

Out town

Shoulder Stretch  
肩膊伸展  
11:30-12:30

Gentle Stretch  
靜態伸展  
12:30-13:30



Beginner Yoga  
初級瑜珈  
14:45-15:45



Private Class  
18:30-19:30



Aerial Yoga Lv.0  
空中瑜珈Lv.0  
19:35-20:35

報名連結



	Monday 13/4	Tuesday 14/4	Wednesday 15/4	Thursday 16/4	Friday 17/4	Saturday 18/4	Sunday 19/4
 <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				
							Hip Stretch 髖關節伸展 11:30-12:30
					Private Class 16:00-17:00	Animal Flow 13:30-14:30	Gentle Stretch 靜態伸展 12:30-13:30
				Aerial Yoga Lv.0 空中瑜珈Lv.0 16:30-17:30		Beginner Yoga 初級瑜珈 14:45-15:45	
	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	Hip Stretch 髖關節伸展 19:00-20:00	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:35-20:35		
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35	自由預約 20:35-21:35 (需WhatsApp 聯絡預約)		Wheel Yoga Stretch 瑜珈輪伸展 20:35-21:35		

	Monday 20/4	Tuesday 21/4	Wednesday 22/4	Thursday 23/4	Friday 24/5	Saturday 25/4	Sunday 26/4	
 <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		外出工作			
								Wheel Yoga Stretch 瑜珈輪伸展 11:30-12:30
		Hip Stretch 髖關節伸展 14:00-15:00					Animal Flow 13:30-14:30	Gentle Stretch 靜態伸展 12:30-13:30
						Aerial Yoga Lv.0 空中瑜珈Lv.0 16:30-17:30	Beginner Yoga 初級瑜珈 14:45-15:45	
	Gentle Stretch 靜態伸展 18:30-19:30	Back Care Yoga 腰背伸展 18:15-19:15						
	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	Shoulder Stretch 肩膊伸展 19:00-20:00				
			自由預約 20:35-21:35(需 WhatsApp 聯絡 預約)					

	Monday 27/4	Tuesday 28/4	Wednesday 29/4	Thursday 30/4			
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>外出工作</p> <p>報名連結</p> 			Beginner Yoga 初級瑜珈 10:00-11:00				
		Shoulder Stretch 肩膊伸展 14:00-15:00					
				Aerial Yoga Lv.0 空中瑜珈Lv.0 16:30-17:30			
		Beginner Yoga 初級瑜珈 19:25-20:25		Animal Flow 19:25-20:25	Hip Stretch 髖關節伸展 19:00-20:00		
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35		自由預約 20:35-21:35(需 WhatsApp 聯絡 預約)			



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

