

Dickson Yoga 2024 年 7 月課程時間表 - 佐敦 (July 2024 Timetable - Jordan)

Mon (星期一)	Tue (星期二)	Wed (星期三)	Thu (星期四)	Fri (星期五)	Sat (星期六)	Sun (星期日)
8:00 - 9:00 排毒修身瑜伽 Detox Yoga By Julian Lo 200/500	8:00 - 9:00 都市病治療 City Ailment Therapy By Keri 200	8:00 - 9:00 初級哈努曼瑜伽 Beginners Hanuman Yoga By Narnia 200/500	8:00 - 9:00 拉感瑜伽 Stretch Yoga By Kelvin Law	8:00 - 9:00 空中瑜伽 Flying Yoga By Amy Hui 200/500	9:00 - 10:00 Hatha 2 By Nicole He	10:00 - 11:00 Basic Hatha By Nicole He
9:15 - 10:15 椅子瑜伽 Chair Yoga By Amy Hui 200/500	9:30 - 10:30 初級全方位塑身 Beginners Full Body Sculpt By Cha	9:00 - 10:00 體能燃脂塑形訓練瑜伽 Fitness training for fat burning By Kit 200/500	9:00 - 10:00 初級力量瑜伽 Beginners Power Yoga By Kelvin Law	9:00 - 10:00 沖脈飛輪瑜伽 Wheel Yoga By Amy Hui	10:00 - 11:00 Basic Hatha Yoga By Nicole He	10:15 - 11:15 都市病治療 City Ailment Therapy By Iris Ng 200/500
10:30 - 11:30 沖脈飛輪瑜伽 Wheel Yoga By Amy Hui	10:45 - 11:45 陰瑜伽 Yin Yoga (請準時, 逾時關門) By Cha	10:00 - 11:00 初級拉感瑜伽 Beginners Stretch Yoga By Kit 200/500	10:15 - 11:15 初級空中吊床瑜伽 Beginners Flying Yoga By Macy Fong 200	10:15 - 11:15 初級力量瑜伽 Beginners Power Yoga By Julian Lo 200/500	10:00 - 11:00 都市病治療 City Ailment Therapy By Amy 200/500	12:00 - 22:00 椅子瑜伽導師課程 HKYA-ACICHYI 14/7 only By Jessica
10:30 - 11:30 初級空中吊床瑜伽 Beginners Flying Yoga By Iris Ng 200/500	12:00 - 13:00 拉感瑜伽 Stretch Yoga By Amy Hui 200/500	11:15 - 12:15 排毒修身瑜伽 Detox Yoga By Nicole He	11:15 - 12:15 Hatha Yoga By Macy Fong	11:30 - 12:30 陰瑜伽 Yin Yoga (請準時, 逾時關門) By Julian Lo	11:00 - 21:00 飛輪瑜伽導師課程 HKYA-ACWYI 6/7 only By Jessica	11:15 - 12:15 Vinyasa Yoga By Nicole He
11:45 - 12:45 都市病治療 City Ailment Therapy By Iris Ng 200/500	13:15 - 14:15 空中瑜伽 Flying Yoga By Amy Hui 200/500	12:30 - 13:30 Basic Hatha Yoga By Nicole He	12:30 - 13:30 全方位塑身 Full Body Sculpt By Eleanor 200/500	12:45 - 13:45 都市病治療 City Ailment Therapy By Jessica 200/500	11:00 - 21:00 空中瑜伽導師課程 HKYA-ACFYI 20/7, 27/7 only By Jessica	11:15 - 12:15 初級哈努曼瑜伽 Beginners Hanuman Yoga By Iris Ng 200/500
11:45 - 12:45 哈努曼瑜伽 Hanuman Yoga By Amy Hui 200/500	14:30 - 15:30 Vinyasa Yoga By Eleanor 200/500	14:00 - 15:00 體能燃脂塑形訓練瑜伽 Fitness training for fat burning By Kit 200/500	13:30 - 14:30 拉感瑜伽 Stretch Yoga By Eleanor 200/500	13:00 - 14:00 Vinyasa Yoga By Kit 200/500	11:15 - 12:15 椅子瑜伽 Chair Yoga By Amy Hui 200/500	12:15 - 13:15 初級力量瑜伽 Beginners Power Yoga By Stephanie
13:00 - 14:00 Gentle Flow By Iris Ng 200/500	15:45 - 16:45 拉感瑜伽 Stretch Yoga By Eleanor 200/500	15:00 - 16:00 拉感瑜伽 Stretch Yoga By Kit 200/500	14:45 - 15:45 初級瑜伽 Beginners Yoga By Judy 200/500	14:00 - 15:00 拉感瑜伽 Stretch Yoga By Kit 200/500	11:15 - 12:15 Vinyasa 2 By Nicole He	13:15 - 14:15 正體瑜伽 Upright position Yoga By Stephanie
14:15 - 15:15 拉感瑜伽 Stretch Yoga By Anna 200/500	17:00 - 18:00 初級瑜伽 Beginners Yoga By Jessica 200/500	16:30 - 17:30 沖脈飛輪瑜伽 Wheel Yoga By Yoyo	15:45 - 17:15 核心課程 200 HKYA-ACI® 200 By Judy 200	14:00 - 15:00 初級哈努曼瑜伽 Beginners Hanuman Yoga By Jessica 200/500	12:30 - 13:30 拉感瑜伽 Stretch Yoga By Cha 200	14:30 - 15:30 全方位哈努曼瑜伽 Hanuman Full Body Sculpt Yoga By Judy 200/500
15:30 - 16:30 都市病治療 City Ailment Therapy By Anna 200/500	18:15 - 19:15 哈努曼瑜伽 Hanuman Yoga By Jessica 200/500	17:45 - 18:45 都市病治療 City Ailment Therapy By YoYo 200	17:15 - 18:15 都市病治療 City Ailment Therapy By Gary 200/500	15:15 - 16:15 殘廢瑜伽 Cripple Yoga By Jessica 200/500	13:30 - 14:30 體能燃脂塑形訓練瑜伽 Fitness training for fat burning By Kit 200/500	14:30 - 15:30 沖脈飛輪瑜伽 Wheel Yoga By Eleanor
17:15 - 18:15 Vinyasa Yoga By Kit 200/500	18:00 - 19:30 核心課程 200 HKYA-ACI® 200 By Judy 200	18:00 - 19:00 哈努曼瑜伽 Hanuman Yoga By Judy 200/500	18:15 - 19:15 初級哈努曼瑜伽 Beginners Hanuman Yoga By Gary 200/500	17:45 - 18:45 哈努曼瑜伽 Hanuman Yoga By Gary 200/500	14:30 - 15:30 初級瑜伽 Beginners Yoga By Kit 200/500	15:30 - 17:00 核心課程 200 HKYA-ACI® 200 By Judy 200
17:30 - 19:00 核心課程 200 HKYA-ACI® 200 By Judy 200	19:30 - 20:30 都市病治療 City Ailment Therapy By Judy 200/500	19:00 - 20:00 拉感瑜伽 Stretch Yoga By Judy 200/500	19:15 - 20:15 全方位塑身 Full Body Sculpt By Jessica 200/500	19:00 - 20:00 初級力量瑜伽 Beginners Power Yoga By Gary 200/500	14:30 - 15:30 初級哈努曼瑜伽 Beginners Hanuman Yoga By Jessica 200/500	15:30 - 16:30 拉感瑜伽 Stretch Yoga By Eleanor 200/500
18:15 - 19:15 拉感瑜伽 Stretch Yoga By Kit 200/500	20:30 - 21:30 拉感瑜伽 Stretch Yoga By Jessica 200/500	20:30 - 22:00 點蟲蟲(季節限定) Spot Worm Detox Yoga (Season Limited) By Dickson 200/500	20:30 - 21:30 初級拉感瑜伽 Beginners Stretch Yoga By Jessica 200/500	19:15 - 20:15 Yin & Zen *此堂額外收費* (請準時, 逾時關門) By Jessica	15:30 - 16:30 拉感瑜伽 Stretch Yoga By Jessica 200/500	16:45 - 17:45 排毒修身瑜伽 Detox Yoga By Eleanor 200/500
19:00 - 20:00 初級瑜伽 Beginners Yoga By Judy 200/500		22:00 - 00:00 Dickson養生大法 Dickson Wellness Yoga By Dickson 200/500	22:00 - 00:00 極度低級瑜伽 Super Junior Yoga By Dickson 200/500	20:00 - 21:00 沖脈飛輪瑜伽 Wheel Yoga By Mini	16:45 - 17:45 陰陽瑜伽 Yin and Yang Yoga By Cha	17:00 - 18:30 核心課程 500 HKYA-ACI® 500 By Jessica 500
19:15 - 20:15 椅子大波瑜伽 Chair Fit Ball yoga By Jessica 200/500				20:30 - 22:00 雷神瑜伽 Thor Yoga By Dickson 200/500		
20:30 - 21:30 都市病治療 City Ailment Therapy By Jessica 200/500				22:00 - 00:00 閃電瑜伽 Lighting Yoga By Dickson 200/500		
					核心課程 500 HKYA-ACI® 500 (13/7only) 11:45 - 13:15 13:15 - 14:45 15:00 - 16:30 16:30 - 18:00 By Jessica 500	核心課程 200 HKYA-ACI® 200 (21/7only) 12:00 - 13:30 13:30 - 15:00 15:00 - 16:30 16:30 - 18:00 By Judy 200

溫馨提示:

- 須於1天前預約。取消預約須至少2小時前。2138 2999
- 課堂須至少4學生才會開課。
- 遲到逾10分鐘不許上課。(十分鐘後課室即鎖門, 請預足夠登記及更衣時間。)
- 三個月內缺課兼沒取消預約3次將不獲許網上/電話預約2星期。
- Master Dickson上/下課時間會稍有浮動, 容許學生上課中途插入/離開, 但必須預約。

*200 可累積HKYA-ACI®200課程學分
 *500 可累積HKYA-ACI®500課程學分
 *800 可累積HKYA-ACI®800課程學分