

Dickson Yoga 2024 年 7 月課程時間表 - 觀塘 (July 2024 Timetable - Kwun Tong)

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)
09:30 - 10:30 體能燃脂塑形訓練瑜伽 Fitness training for fat burning By Kit 200/500	9:30 - 10:30 Vinyasa Yoga (Eng/Chi) By Eleanor 200/500	9:30 - 10:30 椅子瑜伽 Chair Yoga By Jessica 200/500	10:00 - 11:00 初級空中吊床瑜伽 Beginners Flying Hammock By Faye 200/500	09:30 - 10:30 初級力量瑜伽 Beginners Power Yoga By Jenny	10:45 - 11:45 沖脈飛輪瑜伽 Wheel Yoga By Iris Ng	10:30 - 11:30 Vinyasa Yoga (Eng/Chi) By Kit 200/500
10:30 - 11:30 拉感瑜伽 Stretch Yoga(Eng/Chi) By Kit 200/500	10:45 - 11:45 拉感瑜伽 Stretch Yoga(Eng/Chi) By Eleanor 200/500	10:45 - 11:45 大波瑜伽 Big Ball Yoga By Jessica 200/500	11:00 - 12:00 初級瑜伽 Beginners Yoga By Faye 200/500	10:30 - 11:30 Gentle Flow By Jenny	12:00 - 13:00 初級空中吊床瑜伽 Beginners Flying Hammock By Iris Ng 200/500	11:30 - 12:30 拉感瑜伽 Stretch Yoga(Eng/Chi) By Kit 200/500
11:45 - 12:45 Hatha Yoga By Jackie 200/500	11:00 - 12:00 初級沖脈飛輪瑜伽 Beginners Wheel Yoga By Faye	11:30 - 12:30 Yogalates By Jenny	12:00 - 13:00 初級力量瑜伽 Beginners Power Yoga By Kit 200/500	12:30 - 13:30 初級空中吊床 Beginners Flying Hammock By Iris Ng 200/500	13:15 - 14:15 空中吊床瑜伽 Flying Hammock By Iris Ng 200/500	12:45 - 13:45 沖脈飛輪瑜伽 Wheel Yoga By Amy Hui
12:45 - 13:45 Prana Yoga By Jackie 200/500	12:00 - 13:00 空中吊床瑜伽 Flying Hammock By Iris Ng 200/500	12:00 - 13:00 初級空中吊床瑜伽 Beginners Flying Hammock By Macy 200	12:15 - 13:15 都市病治療 City Ailment Therapy By Iris Ng 200/500	13:00 - 14:00 排毒修身瑜伽 Detox Yoga By Winnie Law	14:00 - 15:00 初級瑜伽 Beginners Yoga By Faye 200/500	13:45 - 14:45 都市病治療 City Ailment Therapy By Amy Hui 200/500
14:15 - 15:15 初級空中吊床瑜伽 Beginners Flying Hammock By May May Wong 200/500	12:15 - 13:15 蜜桃臀訓練 Peach Butt Toning By Faye 200	12:30 - 13:30 Hatha Yoga By Jenny	13:00 - 14:00 拉感瑜伽 Stretch Yoga By Kit 200/500	13:30 - 14:30 都市病治療 City Ailment Therapy By Iris Ng 200/500	15:15 - 16:15 初級力量瑜伽 Beginners Power Yoga By Winnie Tan	15:15 - 16:15 初級力量瑜伽 Beginners Power Yoga By Stephanie
15:30 - 16:30 都市病治療 City Ailment Therapy By May May Wong 200/500	13:00 - 14:00 都市病治療 City Ailment Therapy By Iris Ng 200/500	13:15 - 14:15 都市病治療 City Ailment Therapy By Macy 200	13:30 - 14:30 空中吊床瑜伽 Beginners Flying Hammock By Iris Ng 200/500	14:15 - 15:15 初級拉感瑜伽 Beginners Stretch Yoga By Winnie Law	16:30 - 17:30 拉感瑜伽 Stretch Yoga By Winnie Tan	16:15 - 17:15 初級瑜伽 Beginners Yoga By Stephanie
16:00 - 17:00 拉感瑜伽 Stretch Yoga By Lauren	14:15 - 15:15 平衡瑜伽 Yoga Balance By May May Wong 200/500	14:15 - 15:15 初級瑜伽 Beginners Yoga By Jessica 200/500	15:00-16:00 牆腳瑜伽 Wall Yoga By Jackie 200/500	15:15 - 16:15 排毒修身瑜伽 Detox Yoga By Venus		
17:00 - 18:00 初級瑜伽 Beginners Yoga By Lauren	15:30 - 16:30 空中吊床瑜伽 Flying Hammock By May May Wong 200/500	15:30 - 16:30 拉感瑜伽 Stretch Yoga By Jessica 200/500	16:00 - 17:00 沖脈飛輪瑜伽 Wheel Yoga By Jackie	16:30 - 17:30 拉感瑜伽 Stretch Yoga By Venus		
19:00 - 20:00 初級拉感瑜伽 Beginners Stretch Yoga By Faye 200/500	17:45- 18:45 Gentle Flow By Winnie Tan	17:30 - 19:00 HKYA-ACI® 500 核心課程 Core Programme By Jessica 500	17:30 - 18:30 Hatha Yoga By Spring 200	18:00 - 19:00 排毒修身瑜伽 Detox Yoga By Eleanor 200/500		
20:15 - 21:15 初級空中吊床瑜伽 Beginners Flying Hammock By Faye 200/500	18:00 - 19:00 全方位塑身 Full Body Sculpt By Faye 200/500	19:15 - 20:15 初級全方位塑身 Beginners Full Body Sculpt By Jessica 200/500	18:00 - 19:00 初級瑜伽 Beginners Yoga By Faye 200/500	19:00 - 20:00 拉感瑜伽 Stretch Yoga By Eleanor 200/500		
	19:15 - 20:15 拉感瑜伽 Stretch Yoga By Winnie Tan	19:30 - 20:30 初級空中吊床瑜伽 Beginners Flying Yoga By Polly 200/500	18:30 - 19:30 拉感瑜伽 Stretch Yoga By Spring 200			
	20:30 - 23:30 Tantra Yoga By Dickson 200/500	20:30 - 21:30 初級瑜伽 Beginners Yoga By Polly 200/500				
						*200 可累積HKYA-ACI®200課程學分 *500 可累積HKYA-ACIA®500課程學分 *800 可累積HKYA-ACIE®800課程學分
溫馨提示: 1. 須於1天前預約。取消預約須至少2小時前。2138 3111 2. 課堂須至少3學生才會開課。 3. 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。) 4. 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。 5. 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。						