

## Dickson Yoga 2023 年 9 月課程時間表 - 尖沙咀

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 By Julian Lo 200/500	8:00 - 9:00 初級哈努曼瑜伽 By Narnia 200	8:00 - 9:00 初級都市病治療 By Julian Lo 200/500	8:00 - 9:00 拉感瑜伽 By Kelvin Law	8:00 - 9:00 空中瑜伽 By Amy Hui 200/500	9:00 - 10:00 Hatha 2 By Nicole He	10:00 - 20:00 孕婦瑜伽導師課程 17/9 only By Jessica
9:15 - 10:15 沖脈飛輪瑜伽 By Amy Hui	9:00 - 10:00 都市病治療 By Keri 200/500	9:00 - 10:00 體能燃脂塑形訓練瑜伽 By Kit 200/500	9:00 - 10:00 初級力量瑜伽 By Kelvin Law	9:00 - 10:00 牆腳瑜伽 By Amy Hui 200/500	9:30 - 10:30 初級瑜伽 By Stephanie	10:00 - 11:00 Basic Hatha Yoga By Nicole He
10:30 - 11:30 哈努曼瑜伽 By Amy Hui 200/500	9:30 - 10:30 初級全方位塑身 By Cha	9:30 - 10:30 細波瑜伽 By Queenie Lai	9:00 - 10:00 哈努曼瑜伽 By Gary 200/500	10:15 - 11:15 初級力量瑜伽 By Julian Lo 200/500	10:00 - 20:00 孕婦瑜伽導師課程 16/9 only By Jessica	10:30 - 11:30 初級力量瑜伽 By Kit 200/500
10:30 - 11:30 空中吊床瑜伽 By Macy Fong 200	10:45 - 11:45 32度陰瑜伽 (請準時,逾時關門) By Cha	10:00 - 11:00 初級拉感瑜伽 By Kit 200/500	10:15 - 11:15 空中吊床瑜伽 By Macy Fong 200	11:30 - 12:30 陰瑜伽 (請準時,逾時關門) By Julian Lo	10:00 - 11:00 Basic Hatha Yoga By Nicole He	11:00 - 12:00 沖脈飛輪瑜伽 By Alice Chan
10:45 - 11:45 Gentle Flow By Iris Ng 200/500	11:00 - 12:00 Vinyasa Yoga By Eleanor 200/500	10:30 - 11:30 治療瑜伽 By Queenie Lai 200/500	10:15 - 11:15 雙峰都市病治療 By Gary	11:30 - 13:00 核心課程 500 By Jessica 500	10:45 - 11:45 初級空中瑜伽 By Iris Ng 200/500	11:15 - 12:15 Vinyasa Yoga By Nicole He
11:45 - 12:45 都市病治療 By Macy Fong 200	12:00 - 13:00 拉感瑜伽 By Eleanor 200/500	11:15 - 12:15 椅子大波瑜伽 By Jessica 200/500	10:45 - 11:45 初級哈努曼瑜伽 By Iris Ng 200	13:00 - 14:00 Vinyasa Yoga By Kit 200/500	10:45 - 11:45 初級力量瑜伽 By Stephanie	11:30 - 12:30 拉感瑜伽 By Kit 200/500
12:00 - 13:00 Hatha Yoga By Jackie 200/500	13:00 - 14:00 沖脈飛輪瑜伽 By Amy Hui	11:15 - 12:15 排毒修身瑜伽 By Nicole He	11:15 - 12:15 Hatha Yoga By Macy Fong	13:00 - 14:00 哈努曼瑜伽 By Amy Hui 200/500	11:00 - 12:30 核心課程 200 By Jessica 200	12:00 - 22:00 治療師導師課程 3/9 Only By Jessica
12:00 - 13:00 拉感瑜伽 By Iris Ng 200/500	13:45 - 14:45 都市病治療 By Mary 200	12:00 - 13:00 初級拉感瑜伽 By Vian	11:45 - 12:45 拉感瑜伽 By Iris Ng 200/500	14:00 - 15:00 拉感瑜伽 By Kit 200/500	11:15 - 12:15 Vinyasa 2 By Nicole He	12:15 - 13:15 哈努曼瑜伽 By Alice Chan 200/500
13:00 - 14:00 Prana Yoga By Jackie 200/500	14:00 - 15:00 牆腳瑜伽 By Amy Hui 200/500	12:30 - 13:30 Basic Hatha Yoga By Nicole He	12:30 - 13:30 全方位塑身 By Eleanor 200/500	14:15 - 15:15 Hatha Yoga By Venus	12:00 - 13:00 空中瑜伽 By Iris Ng 200/500	12:30 - 13:30 Lady Jazz Funk (需穿著波鞋) By Ching Yee
13:15 - 14:15 初級空中瑜伽 By Iris Ng 200/500	14:45 - 15:45 初級瑜伽 By Mandy Wong	13:00 - 14:00 哈努曼瑜伽 By Anna 200/500	13:00 - 14:00 初級空中吊床瑜伽 By Iris Ng 200/500	15:00 - 16:00 初級空中瑜伽 By Amy Hui 200/500	12:00 - 22:00 治療師導師課程 2/9 Only By Jessica	13:00 - 14:00 都市病治療 By Yoyo 200
14:15 - 15:15 拉感瑜伽 By Anna 200/500	15:00 - 16:00 拉感瑜伽 By Eleanor 200/500	14:00 - 15:00 體能燃脂塑形訓練瑜伽 By Kit 200/500	13:30 - 14:30 遠紅外線拉感瑜伽 By Eleanor 200/500	15:15 - 16:15 排毒修身瑜伽 By Venus	12:45 - 13:45 都市病治療 By MayMay Wong 200	14:00 - 15:30 15:30 - 17:00 核心課程 200 By Judy 200
15:15 - 16:15 哈努曼瑜伽 By Alice Chan 200/500	15:00 - 16:00 初級力量瑜伽 By Mary	15:15 - 16:15 拉感瑜伽 By Kit 200/500	14:00 - 15:00 哈努曼全方位瑜伽 By Judy 200/500	16:15 - 17:15 頌鉢瑜伽 By Alice Chan	13:15 - 14:15 哈努曼瑜伽 By Iris Ng 200/500	14:15 - 15:15 哈努曼瑜伽 By Amy Hui 200/500
15:30 - 16:30 都市病治療 By Anna 200/500	15:45 - 16:45 沖脈飛輪瑜伽 By Mandy Wong	16:15 - 17:15 正位瑜伽 By Cally	14:45 - 15:45 遠紅外線牆上慢慢拉瑜伽 By SMM 岑曼嫻 200/500	16:30 - 17:30 沖脈飛輪瑜伽 By Eleanor	13:30 - 14:30 體能燃脂塑形訓練瑜伽 By Kit 200/500	14:15 - 15:15 沖脈飛輪瑜伽 By Eleanor
17:15 - 18:15 Vinyasa Yoga By Kit 200/500	16:00 - 17:00 遠紅外線瑜伽 By Eleanor 200/500	16:30 - 17:30 沖脈飛輪瑜伽 By Yoyo	15:00 - 16:30 16:30 - 18:00 核心課程 500 By Jessica 500	17:45 - 18:45 遠紅外線拉感瑜伽 By Eleanor 200/500	14:00 - 15:00 空中吊床瑜伽 By MayMay Wong 200	15:30 - 16:30 空中瑜伽 By Amy Hui 200/500
18:00 - 19:00 哈努曼星球瑜伽 By Jessica 200/500	17:15 - 18:15 細波瑜伽 By Queenie Lai	17:45 - 18:45 都市病治療 By YoYo 200	15:45 - 17:15 核心課程 200 By Judy 200	18:00 - 19:00 初級哈努曼瑜伽 By Jessica 200/500	14:15 - 15:15 沖脈飛輪瑜伽 By Iris Ng	15:30 - 16:30 Hatha Yoga By Eleanor 200/500
18:15 - 19:15 拉感瑜伽 By Kit 200/500	17:00 - 18:00 修身瑜伽 By SMM 岑曼嫻 200/500	18:45 - 19:45 哈努曼瑜伽 By Polly 200/500	16:00 - 17:00 筋腱關節治療 By SMM 岑曼嫻 200/500	19:00 - 20:00 排毒修身瑜伽 By Eleanor 200/500	14:30 - 15:30 初級瑜伽 By Kit 200/500	16:30 - 17:30 初級瑜伽 By Cally Leung
19:15 - 20:15 椅子大波瑜伽 By Jessica 200/500	18:00 - 19:00 哈努曼瑜伽 By Judy 200/500	19:00 - 20:00 Lady Jazz Funk (需穿著波鞋) By Ching Yee	17:15 - 18:15 Hatha Yoga By Spring	19:15 - 20:30 Yin & Zen (請準時,逾時關門) *此堂額外收費* By Jessica	15:15 - 16:15 拉感瑜伽 By Judy 200/500	16:45 - 17:45 排毒修身瑜伽 By Eleanor 200/500
19:15 - 20:15 初級瑜伽 By Judy 200/500	18:15 - 19:15 水晶頌鉢瑜伽 By SMM 岑曼嫻 200/500	19:00 - 20:00 全方位塑身 By Jessica 200/500	18:15 - 19:15 拉感瑜伽 By Spring	19:30 - 20:30 沖脈飛輪瑜伽 By Mini	16:30 - 17:30 陰陽瑜伽 By Cha	17:45 - 18:45 拉感瑜伽 By Cally Leung
	18:45 - 20:15 20:15 - 21:45 核心課程 200 By Jessica 200	19:30 - 20:30 核心課程 800* 可累積2 小時學分 By Dickson 800	19:15 - 20:15 都市病治療 By Jessica 200/500	20:30 - 22:00 雷神大波瑜伽 By Dickson 200/500	16:30 - 17:30 排毒修身瑜伽 By Lisa Fu	
	19:15 - 20:15 拉感瑜伽 By Judy 200/500	20:00 - 21:00 拉感瑜伽 By Polly 200/500		22:00 - 00:00 戰鬥瑜伽 By Dickson 200/500	17:45 - 18:45 拉感瑜伽 By Lisa Fu	
		22:00 - 00:00 死亡瑜伽 By Dickson 200/500			*200 可累積 HKYA-ACI@200 課程學分 *500 可累積 HKYA-ACIA@500 課程學分 可累積 HKYA-ACIE@800 課程學分	*800
<p><b>溫馨提示:</b></p> <ol style="list-style-type: none"> <li>須於1天前預約。取消預約須至少2小時前。2138 2999 / 23387579</li> <li>課堂須至少4學生才會開課。</li> <li>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。)</li> <li>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。</li> <li>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。</li> </ol>						