








			Wednesday 1/1	Thursday 2/1	Friday 3/1	Saturday 4/1	Sunday 5/1	
 <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> 			<p>休息一天</p>			<p>Aerial Yoga Lv.0 空中瑜珈Lv.0 11:45-12:45</p>	<p>休息一天</p>	
						<p>Wheel Yoga Stretch 瑜珈輪伸展 12:50-13:50</p>		
						<p>Animal Flow 14:30-15:30</p>		
						<p>Private Class 19:00-20:00</p>		<p>Aerial Yoga Lv.1 空中瑜珈Lv.1 19:30-20:30</p>
						<p>Hip Stretch 髖關節伸展 20:25-21:25</p>		<p>Wheel Yoga Stretch 瑜珈輪伸展 20:35-21:35</p>

	Monday 6/1	Tuesday 7/1	Wednesday 8/1	Thursday 9/1	Friday 10/1	Saturday 11/1	Sunday 12/1
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p>			Beginner Yoga 初級瑜珈 10:00-11:00				
			Aerial Yoga Lv.0 空中瑜珈Lv.0 11:20-12:20				Shoulder Stretch 肩膊伸展 11:00-12:00
	Yin Yoga 陰瑜珈 13:00-14:00					Wheel Yoga Stretch 瑜珈輪伸展 12:50-13:50	Beginner Yoga 初級瑜珈 12:10-13:10
	Aerial Yoga Lv.0 空中瑜珈Lv.0 14:10-15:10					Aerial Yoga Lv.0 空中瑜珈Lv.0 14:00-15:00	
						Animal Flow 15:30-16:30	
					Private Class 18:30-19:30		
	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:30-20:30	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	Private Class 19:00-20:00	Aerial Yoga Lv.1 空中瑜珈Lv.1 19:35-20:35		
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35		Shoulder Stretch 肩膊伸展 20:25-21:25	Wheel Yoga Stretch 瑜珈輪伸展 20:40-21:40		

報名連結



	Monday 13/1	Tuesday 14/1	Wednesday 15/1	Thursday 16/1	Friday 17/1	Saturday 18/1	Sunday 19/1
 <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				
			Aerial Yoga Lv.0 空中瑜珈Lv.0 11:20-12:20				Hip Stretch 髖關節伸展 11:00-12:00
						Wheel Yoga Stretch 瑜珈輪伸展 12:50-13:50	Beginner Yoga 初級瑜珈 12:10-13:10
	Aerial Yoga Lv.0 空中瑜珈Lv.0 14:10-15:10					Aerial Yoga Lv.0 空中瑜珈Lv.0 14:00-15:00	
						Animal Flow 15:30-16:30	
					Private Class 18:30-19:30		
	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:30-20:30	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	Private Class 19:00-20:00	Aerial Yoga Lv.1 空中瑜珈Lv.1 19:35-20:35		
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35	TRX 20:35-21:35	Hip Stretch 髖關節伸展 20:25-21:25	Wheel Yoga Stretch 瑜珈輪伸展 20:40-21:40		

	Monday 20/1	Tuesday 21/1	Wednesday 22/1	Thursday 23/1	Friday 24/1	Saturday 25/1	Sunday 26/1
 <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				
			Aerial Yoga Lv.0 空中瑜珈Lv.0 11:20-12:20				Shoulder Stretch 肩膊伸展 11:00-12:00
	Yin Yoga 陰瑜珈 13:00-14:00					Wheel Yoga Stretch 瑜珈輪伸展 12:50-13:50	Beginner Yoga 初級瑜珈 12:10-13:10
	Aerial Yoga Lv.0 空中瑜珈Lv.0 14:10-15:10					Aerial Yoga Lv.0 空中瑜珈Lv.0 14:00-15:00	
						Animal Flow 15:30-16:30	
					Private Class 18:30-19:30		
	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:30-20:30	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	Private Class 19:00-20:00	Aerial Yoga Lv.1 空中瑜珈Lv.1 19:35-20:35		
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35		Shoulder Stretch 肩膊伸展 20:25-21:25	Wheel Yoga Stretch 瑜珈輪伸展 20:40-21:40		

	Monday 27/1	Tuesday 28/1	Wednesday 29/1	Thursday 30/1	Friday 31/1	Saturday 1/2	Sunday 2/2
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9579 4720

MARJARY
YOGA

貓式

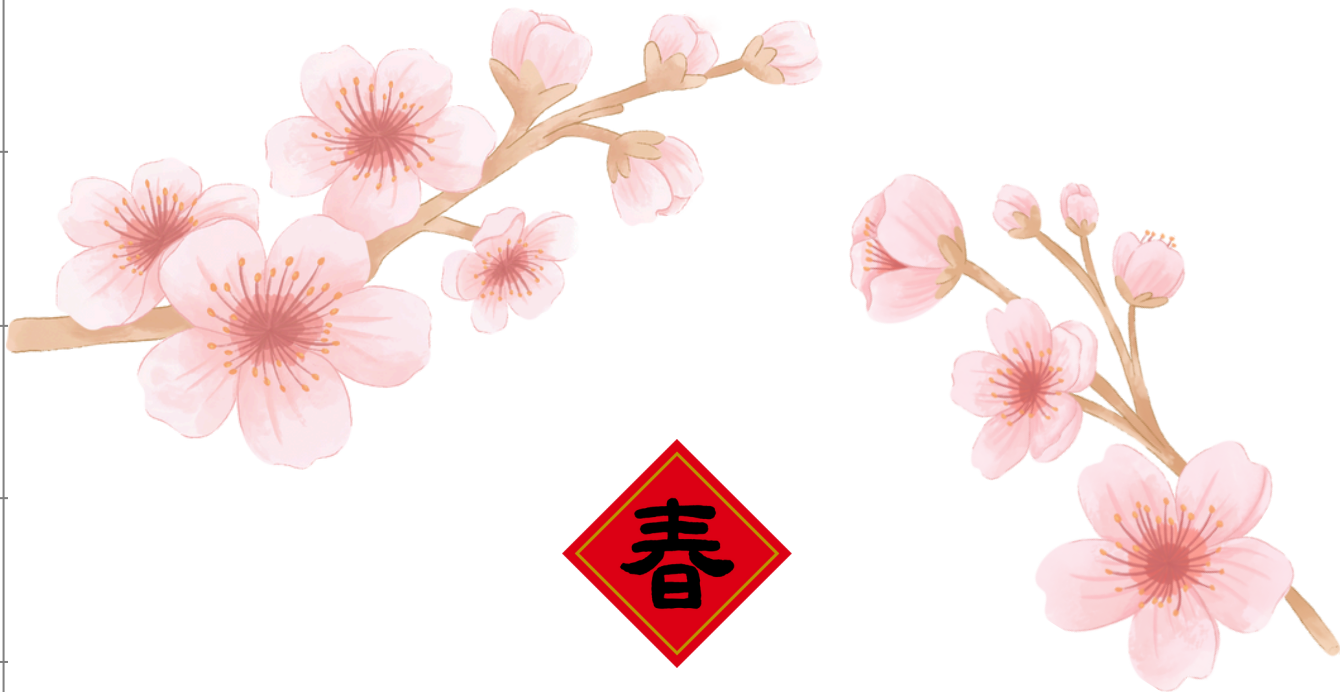
尖沙咀D2出口1分鐘

Aerial Yoga Lv.0
空中瑜珈Lv.0
14:10-15:10

Aerial Yoga Lv.0
空中瑜珈Lv.0
19:30-20:30

Beginner Yoga
初級瑜珈
19:25-20:25

Aerial Yoga Lv.1
空中瑜珈Lv.1
20:35-21:35



農曆新年假期
初六啟市



報名連結

