CAROLINE CENTRE, CWB — Tel: 28827880 — 26th July - 1st August, 2010

	MONDAY 26th S1	MONDAY 26th S2	TUESDAY 27th S1	TUESDAY 27th S2	WEDNESDAY 28th S1	WEDNESDAY 28th S2	THURSDAY 29th S1	THURSDAY 29th S2	FRIDAY 30th S1	FRIDAY 30th S2	SATURDAY 31st S1	SATURDAY 31st S2	SUNDAY 1st S1	SUNDAY 1st S2
1	7:15am TBC Manuel -45mins 2111		7:15am Hatha Yoga Shyam - 1hr - L1 2211		7:15am Step One Manuel-1hr-L1 2311		7:15am Pilates Adam -1hr -L1 2411		7:15am Tai Chi Mr. Ng - 1hr - Adv 2511		9:30am Step Workout Manuel - 1hr- L2 2611			
2	9:30am Double Step Mike-1hr-M 2121	9:30am X T Lite Olivia - 1hr - L1 2122	9:30am Step Workout Kit - 1hr - L1 2221		9:30am X T Lite Manuel - 1hr - M 2321		9:30am Latin Dance Christian-1hr-M 2421		9:30am Step Workout Manuel-1hr-L2 2521	9:30am Step One Christian-1hr-L1 2522	10:30am Step Challenge Milky -1hr-Adv 2621	10:30am TBC Manuel- 45mins 2622	9:30am Step Workout Kit- 1hr - M 2721	10:00am Bollywood Funk Vaibo - 1hr - M 2722
3	10:30am Step Workout Manuel - 1hr -M 2131	10:30am Reggaeton Christian-1hr-L1 2132	10:30am TBC Kit -45mins 2231	10:30am Hatha Yoga Jack-90mins-L1 2232	10:30am Tai Chi (K F & S) Mr. Ng - 1hr - L1 2331	10:40am Vinyassa Yoga Priscilla-1hr-L1 2332	10:30am Jazz Funk Kenny - 1hr - M 2431	11:00am Fatburner Aerobic Becky-1hr-M 2432	10:35am Power Fit Manuel -1hr -M 2531	10:45am Hatha Yoga Jack-90mins-L2 2532	11:30am TBC Milky-45mins 2631	11:15am Hatha Yoga Shyam-90mins-L1 2632	10:30am Step Workout Kit - 1hr - M 2731	11:00am Kick Boxing Priscilla- 1hr - M 2732
4	11:30am Belly Dance Janaki-1hr-Beg 2141	11:30am TBC Manuel - 45mins 2142	11:30am Latin Tango Mike- 1hr - M 2241	12:00pm Belly Jam Janaki - 1hr - L1 2242	12:00pm Step Workout Kit - 1hr - M 2341	11:40am Gyrokinesis Beatrice -1hr-L1 2342	12:05pm Step Challenge Becky-1hr-Adv 2441		11:40am Latin Fitness Rhythm Tony- 1hr - L1 2541				11:35am TBC Kit - 45mins 2741	
5	12:30pm Latin Dance Christian-1hr-L1 2151	12:35pm Hatha Yoga Jack-90mins-L1 2152	12:30pm Step One Mike - 1hr - M 2251	1:00pm Dance Jam Nick -1hr- L1 2252	1:05pm TBC Kit - 45mins 2351	12:45pm Therapy Yoga Shyam - 1hr - L1 2352	1:05pm Latin Salsa Roch - 1hr - L1 2451	1:00pm Hatha Yoga Jack -90mins -L1 2452	12:40pm Aerolatino Mike - 1hr - L1 2551		1:30pm Step Workout Manuel-1hr- L2 2651	1:00pm Step Workout Kit - 1hr - L1 2652		1:35pm Hatha Yoga Jack-90mins-L1 2752
6	2:00pm Fit Ball Stretch Olivia - 1hr - L1 2161	2:05pm TBC Manuel - 45mins 2162						3:00pm Gyrokinesis Rachel -90mins - M 2462	2:40pm Beginner Step Kenny-45mins-Beg 2561		2:30pm TBC Manuel-45mins 2661	2:00pm $ Allegro Wing - 1hr -L1 2662	2:00pm Modern Stretch Nick - 1hr - M 2761	
7	3:00pm Step One Ken Wong-1hr-L1 2171	3:00pm Tai Chi Dowing John-90mins-L1 2172	3:00pm Gentle Yoga Shyam-90mins-L1 2271						3:30pm Modern Stretch Kenny - 1hr -L1 2571		3:30pm Core Fusion James Tse -1hr-L1 2671		3:00pm Step One Ken Wong-1hr-L1 2771	3:15pm Ashtange Yoga Shyam-90mins-L2 2772
8	6:30pm Aerolatino Mike- 1hr - M 2181	6:30pm Tai Chi(Kung Fu) Mr. Ng - 1hr - L1 2182	6:30pm Latin Dance Christian-1hr-M 2281	6:45pm Step Challenge Milky- 1hr -Adv 2282	6:45pm Step Workout Mike - 1hr - L2 2381	6:45pm Aerolatino Diego -1hr -L1 2382	6:45pm Step Workout Manuel-1hr-L2 2481	6:30pm Aerolatino Diego - 1hr - M 2482	6:00pm Tai Chi (KF & S) Mr.Ng - 1hr - L2 2581	6:30pm Latin Dance Christian -1hr-L1 2582	4:30pm Power Stretch James Tse-1hr-L1 2681		4:05pm TBC Ken Wong-45mins 2781	
9	7:30pm TBC Mike- 45mins 2191	7:35pm Hatha Yoga Shyam-90mins-L1 2192	7:35pm Vinyassa Yoga Yvonne-1hr -L1 2291	7:45pm Step One Mike - 1hr- L1 2292	7:45pm TBC Mike-45mins 2391	7:45pm Foam Roller Stretch Diego -45mins -L1 2392	7:45pm Power Fit Manuel-45mins-M 2491	7:35pm Hatha Yoga Yvonne-90mins-L1 2492	7:00pm Step Workout Kit - 1hr - L1 2591	7:30pm Abs & Stretch Christian-45mins-L1 2592				
10	8:15pm Aero 70's Nick-45mins-Beg 2101		8:45pm Aerolatino Mike - 45mins-Beg 2290						8:00pm TBC Kit - 45mins 2501					

Gym News : Lata (1/7-16/8), Anthony(12/7-30/7),Priscilla(27/7), Andy(27/7),Carey(31/7), Roch(1/8)

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PARK LANE, TST — Tel: 23773888 — 26th July - 1st August, 2010

	MONDAY 26th S1	MONDAY 26th S2	TUESDAY 27th S1	TUESDAY 27th S2	WEDNESDAY 28th S1	WEDNESDAY 28th S2	THURSDAY 29th S1	THURSDAY 29th S2	FRIDAY 30th S1	FRIDAY 30th S2	SATURDAY 31st S1	SATURDAY 31st S2	SUNDAY 1st S1	SUNDAY 1st S2
1	7:15am Hatha Yoga Shyam-75 mins-L1 1113		7:15am Pilates Diego - 1hr - L1 1213		7:15am Step Workout Mike - 1hr - M 1313		7:15am Step Workout Manuel-1hr-L1 1413		7:15am Challenge Camp Christian-1hr-L1 1513					
2	10:30am Step Workout Kit-1hr - L1 1123		11:00am Combat Sammy-45mins-M 1223	8:00am Tai Chi Mr.Ng - 1hr- L1 1224	10:00am Step Workout Mike - 1hr - M 1323	10:00am Latin Fitness Rhythm Tony- 1hr -L1 1324	10:30am Double Step Manuel - 1hr - M 1423	10:30am Belly Dance Janaki - 1hr - L1 1424	10:25am Belly Jam Janaki - 1hr - L2 1523	9:30am Ashtanga Yoga Shyam-2hr-L2 1524	10:30am Aerolatino Diego - 1hr - M 1623		10:15am $ Allegro Janis - 1hr - L1 1723	
3	11:35am Hatha Yoga Shyam-90mins-L1 1133	11:30am TBC Kit-45mins 1134	12:00pm Challenge Camp Christian - 1hr -L1 1233	10:00am Hatha Yoga Shyam-90mins-L2 1234	11:20am Hatha Yoga Yvonne-90mins-L2 1333		11:30am TBC Manuel -45mins 1433	11:40am Power Stretch James Tse-1hr-L1 1434	11:30am Hatha Yoga Shyam-90mins-L1 1533		11:30am Foam Roller Stretch Diego-45mins-L1 1633		11:15am Yoga Stretch Aja-75mins-L1 1733	
4	1:10pm Spinning Sammy-45mins-L1 1143		1:00pm Reggaeton Christian-1hr-M 1243	11:30am Meditation Shyam-30mins-L1 1244	1:00pm Step Workout Manuel -1hr-L1 1343		12:40pm Latin Dance Christian-1hr-M 1443		1:00pm Aerolatino Diego- 1hr -L1 1543		12:30pm Yoga Stretch Massy- 1hr - L1 1643		12:30pm Step One Ken Wong-1hr-L1 1743	
5	2:00pm $ Allegro Janis - 1hr - L1 1153	2:00pm Aerolatino Mike - 1hr - L1 1154	2:00pm Core Fusion James Tse -1hr-L1 1253		2:05pm TBC Manuel - 45mins 1353		1:40pm Aero 70's Nick - 1hr - L1 1453	1:45pm Gliding Tone Christian-45mins-L1 1454	2:00pm Pilates Diego- 1hr -L1 1553	2:15pm Country Line Dance Kitty -75mins- L1 1554	1:30pm Step Workout Mike- 1hr-M 1653	2:00pm Therapy Yoga Shyam-90mins-L1 1654	1:30pm TBC Ken Wong-45mins 1753	1:30pm Step Workout Kit - 1hr - L2 1754
6	3:00pm Aero Jazz Ted - 1hr - L1 1163		3:00pm Hatha Yoga Jack - 90mins-L1 1263		3:00pm Bollywood Funk Vaibo-1hr-M 1363	2:30pm Tai Chi Dowing John-90mins-L1 1364	2:45pm Hatha Yoga Shyam-90mins - L1 1463	2:45pm Modern Stretch Nick - 1hr - L1 1464	3:00pm Hatha Yoga Jack-90mins-L1 1563		2:30pm TBC Mike-45mins 1663		2:30pm Latin Dance Christian-1hr- M 1763	2:30pm TBC Kit - 45mins 1764
7	6:45pm Belly Dance Carey-1hr -L1 1183	7:00pm Hatha Yoga Aja -90mins-L1 1194			4:00pm Tai Chi (Fan & S) Mr. Ng - 1hr - L1 1373		6:45pm Step Challenge Andy - 1hr-Adv 1483				3:15pm X T Lite Mike-45mins-L1 1673		4:00pm Hatha Yoga Jack - 90mins - L1 1773	
8	7:45pm Aerolatino Diego - 1hr - L1 1193		6:45pm Latin Salsa Roch-1hr-M 1283	7:45pm Isolation Class Roch-45mins-L1 1294	6:45pm Latin Dance Christian-1hr-L1 1383	6:15pm Gentle Yoga Shyam-90mins-L1 1384	7:50pm Spinning Sammy-45mins-L1 1493	7:45pm Hatha Yoga Andy-1hr-L1 1494	6:45pm Step Workout Mike - 1hr - M 1583		4:30pm Gyrokinesis Rachel -90mis-L1 1683			
9	8:45pm Foam Roller Stretch Diego- 45mins-L1 1103		8:00pm Hatha Yoga Shyam-90mins-M 1203	8:50pm Step Workout Kit - 1hr - L1 1204	7:45pm Beginner Step Ken Wong-1hr-Beg 1393	7:45pm Abs & Stretch Christian-45mins-L1 1394			7:45pm TBC Mike - 45mins 1593					
10					8:45pm TBC Ken Wong-45mins 1303									

Gym News : Lata (1/7-16/8), Anthony(12/7-30/7), Priscilla(27/7), Andy(27/7), Carey(31/7), Roch(1/8)

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電話預約熱線３６９９８７１１逢星期五下午二時至六時啓動以供會員預約下星期的課堂，其餘時間會員可致電或親臨會所前接待處預約課堂。

TAI KOO SHING CENTRE, CITY PLAZA 4 — Tel: 25131333 — 26th July, 2010 - 1st August,2010

MONDAY 26/7	TUESDAY 27/7	WEDNESDAY 28/7	THURSDAY 29/7	FRIDAY 30/7	SATURDAY 31/7	SUNDAY 1/8
7:15am Latin Dance Christian-1hr-L1 3115	7:15am Hatha Yin Sana - 1hr - L1 3215		7:15am Gentle Yoga Shyam-1hr-L1 3415			
8:45am Aerolatino Manuel -1hr- L1 3125	9:50am Tai Chi(Kung Fu) Mr. Ng - 1hr - L1 3225	9:00am Reggaeton Christian-1hr- M 3325		9:00am Latin Tango Mike- 1hr - L1 3515	10:00am Latin Dance Christian-1hr- M 3615	9:25am $ Allegro Wing- 1hr - L1 3715
10:00am Hatha Yoga Jack -90mins-L1 3135	10:50am Gyrokinesis Beatrice-1hr-L1 3235	10:00am Isolation Class Roch -45mins-M 3335	10:00am Fatburner Aerobic Diego -1hr-M 3425	10:00am Tai Chi(K F & S) Mr. Ng - 1hr - L2 3525	11:00am Latin Dance Christian-1hr- M 3625	10:35am Aerolatino Mike-1hr-M 3725
11:30am Laitn Fitness Rhythm Tony-1hr - L1 3145		11:00am Yoga Dance Kim- 1hr- L1 3345	11:05am Pilates Diego - 1hr - L1 3435	11:00am Oasis Belly Dance Mejien - 1hr - L1 3535	12:00pm TBC Christian-45mins 3635	11:40am Hatha Yoga Shyam-90mins-L1 3735
12:30pm Aerolatino Diego -1hr -L1 3155	12:00pm Double Step Manuel -1hr-L2 3245	12:05pm Bollywood Funk Vaibo-1hr-M 3355	12:05pm Latin Tango Mike-1hr- M 3445	12:05pm Reggaeton Christian -1hr-M 3545	1:15pm Country Line Dance Kitty - 1hr - L1 3645	1:30pm Kick Boxing Adam - 1hr - L1 3745
1:30pm Foam Roller Stretch Diego- 45mins-L1 3165	1:00pm TBC Manuel - 45mins 3255	1:05pm Mixtrech Vaibo-45mins-M 3365	1:05pm Cardio Bar Dance Mike-45mins- L1 3455	1:05pm Abs & Stretch Christian-45mins-M 3555	2:15pm Spinning Sammy-45mins-L1 3655	2:30pm Pilates Adam - 1hr - L1 3755
2:15pm Core Fusion James Tse -1hr-L1 3175	2:30pm Aero 70's Nick -1hr-L1 3265	2:05pm Oasis Belly Dance Mejien - 1hr - L1 3375	3:00pm Tai Chi (42) Kenny-1hr- L1 3465	2:00pm Bollywood Funk Vaibo - 1hr - M 3565	3:05pm Step Workout Kit - 1hr - L1 3665	3:30pm Aero 70's Nick - 1hr - L1 3765
	3:30pm Modern Stretch Nick - 1hr -L1 3275		4:00pm Yoga Kenny - 1hr - L1 3475	3:00pm Tai Chi(K F & S) Mr. Ng - 1hr - L1 3575	4:05pm TBC Kit - 45mins 3675	4:45pm Modern Stretch Nick - 1hr - L 3775
6:45pm Latin Dance Christian-1hr-L1 3185		6:30pm Tai Chi (F & S) Mr.Ng - 1hr - L1 3385	6:45pm Modern Stretch Kenny-1hr-L1 3485	6:45pm Double Step Manuel -1hr- L1 3585	4:55pm Yoga for Core Shyam-90mins-M 3685	6:00pm Bollywood Funk Vaibo-1hr-M 3785
7:45pm Abs & Stretch Christian-45mins 3195		7:30pm Kick Boxing Adam - 1hr - L1 3395	7:45pm Aerolatino Mike-1hr-L1 3495	7:45pm Aerolatino Diego - 1hr - L1 3595	6:30pm Latin Tango Mike - 1hr -L1 3695	
8:35pm Tai Chi Dowing John-75mins-L1 3105	8:30pm Hatha Yoga Sharon W.-75mins-M 3205	8:30pm Pilates Adam-45mins-M 3305	8:45pm Therapy Yoga Shyam - 1hr - L1 3495	8:45pm Foam Roller Stretch Diego-45mins-L1 3505		

Gym News : Lata (1/7-16/8),Anthony(12/7-30/7), Priscilla(27/7), Carey(31/7), Andy(27/7) Roch(1/8)

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電話預約熱線３６９９８７１１逢星期五下午二時至六時啓動以供會員預約下星期的課堂，其餘時間會員

L 1 = Suitable for Beginners L2 = Intermediate Adv = Advanced M = Multi Level

Refer to the schedule for times, venues and any special event being run.

Please Note: You are suggested to attend the class on time or no later than 10mins after the class commencement, and to avoid any early dismissal. For a safe and effective workout, all classes will start with warm up routines and end with cool down stretching. Proper training shoes must be worn for all classes except (Yoga, Pilates, Gyrokinesis, Foam Roller Stretch & African Dance)

請留意上課的時間,地點及有關任何特備節目.

CAROLINE CENTRE, CWB — Tel: 28827880 — 2nd August - 8th August, 2010

	MONDAY 2nd S1	MONDAY 2nd S2	TUESDAY 3rd S1	TUESDAY 3rd S2	WEDNESDAY 4th S1	WEDNESDAY 4th S2	THURSDAY 5th S1	THURSDAY 5th S2	FRIDAY 6th S1	FRIDAY 6th S2	SATURDAY 7th S1	SATURDAY 7th S2	SUNDAY 8th S1	SUNDAY 8th S2
1	7:15am TBC Manuel -45mins 2111		7:15am Hatha Yoga Shyam - 1hr - L1 2211		7:15am Step One Manuel-1hr-L1 2311		7:15am Combat Adam -1hr -L1 2411		7:15am Tai Chi Mr. Ng - 1hr - Adv 2511		9:30am Step Workout Manuel - 1hr- L2 2611			
2	9:30am Double Step Mike-1hr-M 2121	9:30am X T Lite Olivia - 1hr - L1 2122	9:30am Step Workout Kit - 1hr - L1 2221		9:30am X T Lite Manuel - 1hr - M 2321		9:30am Bollywood Funk Vaibo-1hr-M 2421		9:30am Step Workout Manuel-1hr-L2 2521	9:00am Step One Kenny-1hr-L1 2522	10:30am Step Challenge Anthony-1hr-Adv 2621	10:30am TBC Manuel- 45mins 2622	9:30am Step Workout Kit- 1hr - M 2721	10:00am Aero Sit Dance Roch -45mins-L1 2722
3	10:30am Step Workout Manuel - 1hr -M 2131	10:30am Bollywood Funk Vaibo-1hr-M 2132	10:30am TBC Kit -45mins 2231	10:30am Hatha Yoga Jack-90mins-L1 2232	10:30am Tai Chi (K F & S) Mr. Ng - 1hr - L1 2331	10:40am Vinyassa Yoga Priscilla-1hr-L1 2332	10:30am Reggaeton Mike - 1hr - M 2431	11:00am Kick Boxing Anthony-1hr-M 2432	10:35am Power Fit Manuel -1hr -M 2531	10:45am Hatha Yoga Jack-90mins-L2 2532	11:30am TBC Anthony-45mins 2631	11:15am Hatha Yoga Shyam-90mins-L1 2632	10:30am Step Workout Kit - 1hr - M 2731	11:00am Kick Boxing Priscilla- 1hr - M 2732
4	11:30am Belly Dance Janaki-1hr-Beg 2141	11:30am TBC Manuel - 45mins 2142	11:30am Latin Tango Mike- 1hr - M 2241	12:00pm Belly Jam Janaki - 1hr - L1 2242	12:00pm Step Workout Kit - 1hr - M 2341	11:40am Pilates Beatrice -1hr-L1 2342	12:05pm Step Challenge Anthony-1hr-Adv 2441		11:40am Latin Fitness Rhythm Tony - 1hr - L1 2541				11:35am TBC Kit - 45mins 2741	
5	12:30pm Bollywood Funk Vaibo-1hr-M 2151	12:35pm Hatha Yoga Jack-90mins-L1 2152	12:30pm Step One Mike - 1hr - M 2251	1:00pm Dance Jam Nick -1hr- L1 2252	1:05pm TBC Kit - 45mins 2351	12:45pm Therapy Yoga Shyam - 1hr - L1 2352	1:05pm Latin Salsa Roch - 1hr - L1 2451	1:00pm Hatha Yoga Jack -90mins -L1 2452	12:40pm Aerolatino Mike - 1hr - L1 2551		1:30pm Step Workout Manuel-1hr- L2 2651	1:00pm Step Workout Kit - 1hr - L1 2652	1:00pm Tai Chi (42) Kenny - 1hr - M 2751	1:35pm Hatha Yoga Jack-90mins-L1 2752
6	2:00pm Fit Ball Stretch Olivia - 1hr - L1 2161	2:05pm TBC Manuel - 45mins 2162						3:00pm Gyrokinesis Rachel -90mins - M 2462	2:40pm Beginner Step Kenny-45mins-Beg 2561		2:30pm TBC Manuel-45mins 2661	2:00pm $ Allegro Wing - 1hr -L1 2662	2:00pm Modern Stretch Kenny - 1hr - M 2761	
7	3:00pm Step One Ken Wong-1hr-L1 2171	3:00pm Tai Chi Dowing John-90mins-L1 2172	3:30pm Aerolatino Mike - 1hr - L1 2271	3:00pm Gentle Yoga Shyam-90mins-L1 2272					3:30pm Modern Stretch Kenny - 1hr -L1 2571		3:30pm Core Fusion James Tse -1hr-L1 2671		3:00pm Step One Ken Wong-1hr-L1 2771	3:15pm Ashtange Yoga Shyam-90mins-L2 2772
8	6:30pm Aerolatino Mike- 1hr - M 2181	6:30pm Tai Chi(Kung Fu) Mr. Ng - 1hr - L1 2182	6:30pm Bollywood Funk Vaibo-1hr-M 2281	6:45pm Step Challenge Andy- 1hr -Adv 2282	6:45pm Step Workout Mike - 1hr - L2 2381	6:45pm Aerolatino Diego -1hr -L1 2382	6:45pm Step Workout Manuel-1hr-L2 2481	6:30pm Step Workout Vicki - 1hr- L1 2482	6:00pm Tai Chi (KF & S) Mr.Ng - 1hr - L2 2581		4:30pm Power Stretch James Tse-1hr-L1 2681		4:05pm TBC Ken Wong-45mins 2781	
9	7:30pm TBC Mike- 45mins 2191	7:35pm Hatha Yoga Shyam-90mins-L1 2192	7:35pm Vinyassa Yoga Priscilla-1hr -L1 2291	7:45pm Step One Andy - 1hr- L1 2292	7:45pm TBC Mike-45mins 2391	7:45pm Foam Roller Stretch Diego -45mins -L1 2392	7:45pm Power Fit Manuel-45mins-M 2491	7:35pm Hatha Yoga Yvonne-90mins-L1 2492	7:00pm Step Workout Kit - 1hr - L1 2591					
10	8:15pm Aero 70's Nick-45mins-Beg 2101								8:00pm TBC Kit - 45mins 2501					

Gym News : Lata (1/7-16/8), Christian(3/8-16/8), Sammy(5/8-7/8), Carey(7/8), Kenny(5/8)

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PARK LANE, TST — Tel: 23773888 — 2nd August - 8th August, 2010

	MONDAY 2nd S1	MONDAY 2nd S2	TUESDAY 3rd S1	TUESDAY 3rd S2	WEDNESDAY 4th S1	WEDNESDAY 4th S2	THURSDAY 5th S1	THURSDAY 5th S2	FRIDAY 6th S1	FRIDAY 6th S2	SATURDAY 7th S1	SATURDAY 7th S2	SUNDAY 8th S1	SUNDAY 8th S2
1	7:15am Hatha Yoga Shyam-75 mins-L1 1113		7:15am Pilates Diego - 1hr - L1 1213		7:15am Double Step Mike - 1hr - M 1313		7:15am Step Workout Manuel-1hr-L1 1413		7:15am Combat Adam-1hr-L1 1513					
2	10:30am Step Workout Anthony-1hr - L1 1123		10:45am Combat Sammy-45mins-M 1223	8:00am Tai Chi Mr.Ng - 1hr- L1 1224	10:00am Step Workout Mike - 1hr - M 1323	10:00am Latin Fitness Rhythm Tony- 1hr -L1 1324	10:30am Double Step Manuel - 1hr - M 1423	10:30am Belly Dance Janaki - 1hr - L1 1424	10:25am Belly Jam Janaki - 1hr - L2 1523	9:30am Ashtanga Yoga Shyam-2hr-L2 1524	10:30am Aerolatino Diego - 1hr - M 1623		10:15am $ Allegro Janis - 1hr - L1 1723	
3	11:35am Hatha Yoga Shyam-90mins-L1 1133	11:30am TBC Anthony-45mins 1134	11:30am Spinning Sammy- 45mins-L1 1233	10:00am Hatha Yoga Shyam-90mins-L2 1234	11:20am Hatha Yoga Yvonne-90mins-L2 1333		11:30am TBC Manuel -45mins 1433	11:40am Power Stretch James Tse-1hr-L1 1434	11:30am Hatha Yoga Shyam-90mins-L1 1533		11:30am Foam Roller Stretch Diego-45mins-L1 1633		11:15am Yoga Stretch Aja-75mins-L1 1733	
4	1:10pm Spinning Sammy-45mins-L1 1143	1:00pm Aerolatino Mike - 1hr - L1 1144	1:00pm Bollywood Funk Vaibo-1hr-M 1243	11:30am Meditation Shyam-30mins-L1 1244	1:00pm Step Workout Manuel -1hr-L1 1343		12:40pm Bollywood Funk Vaibo-1hr-M 1443		1:00pm Aerolatino Diego- 1hr -L1 1543		12:30pm Yoga Stretch Massy- 1hr - L1 1643		12:30pm Step One Ken Wong-1hr-L1 1743	
5	2:00pm $ Allegro Janis - 1hr - L1 1153	2:00pm X T Lite Mike-1hr- L1 1154	2:00pm Core Fusion James Tse -1hr-L1 1253		2:05pm TBC Manuel - 45mins 1353		1:40pm Aero 70's Nick - 1hr - L1 1453		2:00pm Pilates Diego- 1hr -L1 1553	2:15pm Country Line Dance Kitty -75mins- L1 1554	1:30pm Bollywood Funk Vaibo-1hr-M 1653	2:00pm Therapy Yoga Shyam-90mins-L1 1654	1:30pm TBC Ken Wong-45mins 1753	1:30pm Step Workout Kit - 1hr - L2 1754
6	3:00pm Aero Jazz Ted - 1hr - L1 1163		3:00pm Hatha Yoga Jack - 90mins-L1 1263		3:00pm Latin Salsa Roch-1hr-M 1363	2:30pm Tai Chi Dowing John-90mins-L1 1364	2:45pm Hatha Yoga Shyam-90mins - L1 1463	2:45pm Modern Stretch Nick -1hr - L1 1464	3:00pm Hatha Yoga Jack-90mins-L1 1563		2:30pm Combat Adam-1hr-L1 1663		2:30pm Bollywood Funk Vaibo-1hr- M 1763	2:30pm TBC Kit - 45mins 1764
7					4:00pm Tai Chi (Fan & S) Mr. Ng - 1hr - L1 1373						3:30pm Pilates Adam-45mins-L1 1673		4:00pm Hatha Yoga Jack - 90mins - L1 1773	
8	6:45pm Belly Dance Carey-1hr -L1 1183		6:45pm Reggaeton Roch-1hr-M 1283		6:45pm Bollywood Funk Vaibo-1hr-M 1383	6:15pm Gentle Yoga Shyam-90mins-L1 1384	6:45pm Step Challenge Andy - 1hr-Adv 1483		6:45pm Hip Hop Mike - 1hr - M 1583		4:30pm Gyrokinesis Rachel -90mis-L1 1683			
9	7:45pm Aerolatino Diego - 1hr - L1 1193	7:00pm Hatha Yoga Aja -90mins-L1 1194		7:45pm Isolation Class Roch-45mins-L1 1294	7:45pm Beginner Step Ken Wong-1hr-Beg 1393	7:45pm Mixtrech Vaibo-45mins-M 1394	7:50pm Combat Adam-45mins-L1 1493	7:45pm Hatha Yoga Andy-1hr-L1 1494	7:45pm Cardio Bar Dance Mike - 45mins -L1 1593					
10	8:45pm Foam Roller Stretch Diego- 45mins-L1 1103		8:00pm Hatha Yoga Shyam-90mins-M 1203	8:50pm Step Workout Kit - 1hr - L1 1204	8:45pm TBC Ken Wong-45mins 1303									

Gym News : Lata (1/7-16/8), Christian(3/8-16/8), Sammy(5/8-7/8), Carey(7/8), Kenny(5/8)

Booking Hotline 3699 8711 is vaild on every Fridays 2-6pm for the following week classes booking, members are invited to calll us or visit our front reception help desk for class booking at any time other than this specified period.

電話預約熱線３６９９８７１１逢星期五下午二時至六時啓動以供會員預約下星期的課堂，其餘時間會員可致電或親臨會所前接待處預約課堂。

TAI KOO SHING CENTRE, CITY PLAZA 4 — Tel: 25131333 — 2nd August - 8th August, 2010

MONDAY 2nd	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th	SATURDAY 7th	SUNDAY 8th
7:15am Latin Dance Christian-1hr-L1 3115	7:15am Hatha Yin Sana - 1hr - L1 3215		7:15am Gentle Yoga Shyam-1hr-L1 3415			
8:45am Aerolatino Manuel -1hr- L1 3125	9:50am Tai Chi(Kung Fu) Mr. Ng - 1hr - L1 3225	9:00am Latin Salsa Roch-1hr- M 3325		9:00am Latin Tango Mike- 1hr - L1 3515	10:00am Aerolatino Mike-1hr- M 3615	9:25am $ Allegro Vicky- 1hr - L1 3715
10:00am Hatha Yoga Jack -90mins-L1 3135	10:50am Gyrokinesis Beatrice-1hr-L1 3235	10:00am Isolation Class Roch -45mins-M 3335	10:00am Fatburner Aerobic Diego -1hr-M 3425	10:00am Tai Chi(K F & S) Mr. Ng - 1hr - L2 3525	11:00am Aerolatino Mike-1hr- M 3625	10:35am Aerolatino Manuel-1hr-M 3725
11:30am Latin Fitness Rhythm Tony-1hr - L1 3145		11:00am Yoga Dance Kim- 1hr- L1 3345	11:05am Pilates Diego - 1hr - L1 3435	11:00am Oasis Belly Dance Mejien - 1hr - L1 3535	12:00pm TBC Mike-45mins 3635	11:40am Hatha Yoga Shyam-90mins-L1 3735
12:30pm Aerolatino Diego -1hr -L1 3155	12:00pm Double Step Manuel -1hr-L2 3245	12:05pm Reggaeton Mike-1hr-M 3355	12:05pm Latin Tango Mike-1hr- M 3445	12:05pm Latin Salsa Roch -1hr-M 3545	1:15pm Country Line Dance Kitty - 1hr - L1 3645	1:30pm Kick Boxing Adam - 1hr - L1 3745
1:30pm Foam Roller Stretch Diego- 45mins-L1 3165	1:00pm TBC Manuel - 45mins 3255	1:05pm Bollywood Funk Vaibo-1hr-M 3365	1:05pm Cardio Bar Dance Mike-45mins- L1 3455	1:05pm Abs & Stretch Roch-45mins-M 3555	2:15pm Spinning Mike-45mins-L1 3655	2:30pm Pilates Adam - 1hr - L1 3755
2:15pm Power Stretch James Tse -1hr-L1 3175	2:30pm Aero 70's Nick -1hr-L1 3265	2:05pm Oasis Belly Dance Mejien - 1hr - L1 3375		2:00pm Bollywood Funk Vaibo - 1hr - M 3565	3:05pm Step Workout Kit - 1hr - L1 3665	3:30pm Tai Chi (42) Kenny - 1hr - L1 3765
	3:30pm Modern Stretch Nick - 1hr -L1 3275		3:30pm Yoga Stretch Yvonne - 1hr - L1 3475	3:00pm Tai Chi(K F & S) Mr. Ng - 1hr - L1 3575	4:05pm TBC Kit - 45mins 3675	4:45pm Modern Stretch Kenny - 1hr - L1 3775
6:45pm Bollywood Funk Vaibo-1hr-M 3185	6:45pm Step Workout Manuel- 1hr - M 3285	6:30pm Tai Chi (F & S) Mr.Ng - 1hr - L1 3385	6:45pm Mixtrech Vaibo-1hr-L1 3485	6:45pm Double Step Manuel -1hr- L1 3585	4:55pm Yoga for Core Shyam-90mins-M 3685	6:00pm Bollywood Funk Vaibo-1hr-M 3785
7:45pm Mixtrech Vaibo-45mins-M 3195	7:45pm TBC Manuel-45mins 3295	7:30pm Kick Boxing Adam - 1hr - L1 3395	7:45pm Aerolatino Mike-1hr-L1 3495	7:45pm Aerolatino Diego - 1hr - L1 3595		
8:35pm Tai Chi Dowing John-75mins-L1 3105	8:30pm Hatha Yoga Sharon W.-75mins-M 3205	8:30pm Pilates Adam-45mins-M 3305	8:45pm Therapy Yoga Shyam - 1hr - L1 3405	8:45pm Foam Roller Stretch Diego-45mins-L1 3505		

Gym News : Lata (1/7-16/8), Christian(3/8-16/8), Sammy(5/8-7/8), Carey(7/8), Kenny(5/8)

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電話預約熱線３６９９８７１１逢星期五下午二時至六時啓動以供會員預約下星期的課堂，其餘時間會員

L 1 = Suitable for Beginners L2 = Intermediate Adv = Advanced M = Multi Level

Refer to the schedule for times, venues and any special event being run.

Please Note: You are suggested to attend the class on time or no later than 10mins after the class commencement, and to avoid any early dismissal. For a safe and effective workout, all classes will start with warm up routines and end with cool down stretching. Proper training shoes must be worn for all classes except (Yoga, Pilates, Gyrokinesis, Foam Roller Stretch & African Dance)

請留意上課的時間,地點及有關任何特備節目.