



SOUNDWILL PLAZA 金朝陽中心						
Tel: 29702188 30 August 10 - 5 September 10						
MONDAY 30-Aug	TUESDAY 31-Aug	WEDNESDAY 1-Sep	THURSDAY 2-Sep	FRIDAY 3-Sep	SATURDAY 4-Sep	SUNDAY 5-Sep
11:00am-12:00pm Yoga 1 Cassie - L1		11:00am-12:00pm Body Stretch Pui - L1	11:00am-12:00pm Yoga 1 Cassie - L1			11:00-12:00pm Combat Adam - M
					12:00-1:00pm Combat Adam - M	12:00-1:00pm Pilates Adam - M
	4:00-5:00pm Belly Dance Elaine - L1				1:00-2:00pm Pilates Adam - M	
						3:30-4:30pm Belly Dance Kit - L1
7:00-8:00pm Pop Style Brian - L1	7:00-8:00pm Theme Dance Brian - M	7:00-8:00pm Yoga 1 Brenda - L1	7:00-8:00pm Pop Style Brian - L1	7:00-8:00pm Pop Style Brian - L1		4:30-5:30pm Pop Style Ron - L1
8:00-9:00 Hip Pop Brian - M	8:00-9:00pm MTV Style Brian - M	8:15-9:00pm Free Style Vaibo - M	8:15-9:15 Free Style Vaibo - M	8:00-9:00pm Hip Pop Brian - L1		5:30-6:15pm MTV Style Ron - M

SOUNDWILL PLAZA 金朝陽中心						
Tel: 29702188 6 September 10 - 12 September 10						
MONDAY 6-Sep	TUESDAY 7-Sep	WEDNESDAY 8-Sep	THURSDAY 9-Sep	FRIDAY 10-Sep	SATURDAY 11-Sep	SUNDAY 12-Sep
11:00am-12:00pm Yoga 1 Cassie - L1		11:00am-12:00pm Body Stretch Pui - L1	11:00am-12:00pm Yoga 1 Cassie - L1			11:00-12:00pm Combat Adam - M
					12:00-1:00pm Combat Adam - M	12:00-1:00pm Pilates Adam - M
	4:00-5:00pm Belly Dance Elaine - L1				1:00-2:00pm Pilates Adam - M	
						3:30-4:30pm Yoga Kit - L1
7:00-8:00pm Pop Style Brian - L1	7:00-8:00pm Theme Dance Brian - M	7:00-8:00pm Yoga 1 Brenda - L1	7:00-8:00pm Pop Style Ron - L1	7:00-8:00pm Pop Style Brian - L1		4:30-5:30pm MTV Style Ling - M
8:00-9:00 Hip Pop Brian - M	8:00-9:00pm MTV Style Brian - M	8:20-9:05pm Free Style Vaibo - M	8:15-9:15 MTV Style Ron - M	8:00-9:00pm Hip Pop Brian - L1		5:30-6:30pm Pop Style Ling - L1

ALBION PLAZA 愛賓商業大廈						
Tel: 23013288 30 August 10 - 5 September 10						
MONDAY 30-Aug	TUESDAY 31-Aug	WEDNESDAY 1-Sep	THURSDAY 2-Sep	FRIDAY 3-Sep	SATURDAY 4-Sep	SUNDAY 5-Sep
					11:00am-12:00pm Body Stretch Carey - L1	11:00am-12:00pm Yoga 1 Cassie - L1
1:00-2:00pm Yoga 1 Pui - L1					12:15-1:15pm Belly Dance Kit - L1	1:00-2:00pm Free Style Nicky - M
					2:00-3:00pm Body Stretch Carey - L1	2:00-3:00pm Body Stretch Nicky - L1
					3:00-4:00pm MTV Style Nicky - M	3:15-4:15pm MTV Style Brian - M
7:00-8:00pm Pop Style Nicky - L1	6:30-7:30pm Combat Adam - M	6:30-7:30pm Free Style Vaibo - M	6:45-7:45pm Yoga 1 Cassie - L1	6:30-7:30pm Combat Adam - M	4:00-5:00pm Combat Adam - M	4:15-5:15pm Theme Dance Brian - M
8:15-9:15pm MTV Style Nicky - M	7:30-8:30pm Combat Adam - M	7:30-8:30pm MTV Style Brian - M	7:45-8:45pm MTV Style Nicky - M	7:30-8:30pm MTV Style Nick - M		
	8:30-9:30pm Body Stretch Adam - L1	8:30-9:30pm Pop Style Brian - L1	8:45-9:45pm Pop Style Nicky - L1	8:30-9:30pm Yoga Stretch Nick - L1		

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Tel: 23013288 6 September 10 - 12 September 10						
MONDAY 6-Sep	TUESDAY 7-Sep	WEDNESDAY 8-Sep	THURSDAY 9-Sep	FRIDAY 10-Sep	SATURDAY 11-Sep	SUNDAY 12-Sep
					11:00am-12:00pm Body Stretch Vaibo - L1	11:00am-12:00pm Yoga 1 Cassie - L1
1:00-2:00pm Yoga 1 Pui - L1					12:15-1:15pm Pop Style Nicky - L1	12:30-1:30pm MTV Style Brian - M
					2:00-3:00pm Body Stretch Nicky - L1	1:30-2:30pm Theme Dance Brian - M
					3:00-4:00pm MTV Style Nicky - M	3:00-4:00pm Free Style Vaibo - M
7:00-8:00pm Pop Style Nicky - L1	6:30-7:30pm Combat Adam - M	6:30-7:30pm Free Style Vaibo - M	6:45-7:45pm Yoga 1 Cassie - L1	6:30-7:30pm Combat Adam - M	4:00-5:00pm Combat Adam - M	4:00-5:00pm Body Stretch Vaibo - M
8:15-9:15pm MTV Style Nicky - M	7:30-8:30pm Combat Adam - M	7:30-8:30pm MTV Style Brian - M	7:45-8:45pm MTV Style Nicky - M	7:30-8:30pm MTV Style Nick - M		
	8:30-9:30pm Body Stretch Adam - L1	8:30-9:30pm Pop Style Brian - L1	8:45-9:45pm Pop Style Nicky - L1	8:30-9:30pm Yoga Stretch Nick - L1		

L1 = Suitable for Beginners L2 = Intermediate
 New Arrangement
 New Class

M = Multi Level



上課需知:

- 穿著合適的運動服裝及室內運動鞋
- 如運動時感到不適，請即通知導師
- 上課前，不要吃得太飽
- 請於上課前15分鐘到達
- 開課後10分鐘請勿進入舞蹈室

Instructor Holiday: Casley(1/9-30/9), Carey(11/9), Kit(11/9)

Please Note :

- Proper training shoes must be worn
- Advise your teacher of any injuries or health
- It is best not to eat 1 hour before a class
- Please arrive 15 mins before the class
- Please do not enter the studio after 10 mins of the class commencement