

SOUNDWILL PLAZA 金朝陽中心						
Tel: 29702188			30 Jan 12 - 5 Feb 12			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb
		11:30am-12:30pm MTV Style Nicky - L1				11:00am-12:00pm Bootcamp Adam - L1
					11:00am-12:00pm Combat Adam - M	12:00-1:00pm Pilates Adam - M
	4:00-5:00pm Belly Dance Elaine - L1		3:00-4:00pm Yoga 1 Cassie - L1		12:00-1:00pm Pilates Adam - M	
					1:30-2:30pm Latin Fitness Richard - L1	
6:15-7:15pm Yoga 1 Yvonne - L1	7:15-8:15pm Funky Dance Casley - M	7:00-8:00pm Groove Hits Nick - L1	7:15-8:15pm Pop Style Brian - L1	6:45-7:45pm Yoga 1 Kenny - L1		4:30-5:30pm Funky Dance Ling - M
7:15-8:15pm Pop Style Brian - L1	8:15-9:15pm MTV Style Casley - M	8:00-9:00pm Body Stretch Nick - M	8:15-9:15pm Theme Dance Brian - M	7:45-8:45pm Beginner Step Kenny - Beg		5:30-6:30pm MTV Style Ling - L1
8:15-9:15pm Hip Hop Brian - M				8:45-9:45pm Tai Chi Kenny - L1		

SOUNDWILL PLAZA 金朝陽中心						
Tel: 29702188			6 Feb 12 - 12 Feb 12			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb
		11:30am-12:30pm MTV Style Nicky - L1				11:00am-12:00pm Bootcamp Adam - L1
					11:00am-12:00pm Combat Adam - M	12:00-1:00pm Pilates Adam - M
	4:00-5:00pm Belly Dance Elaine - L1				12:00-1:00pm Pilates Adam - M	
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7:15-8:15pm Pop Style Casley - L1	8:15-9:15pm MTV Style Casley - M	8:00-9:00pm Body Stretch Nick - M	8:15-9:15pm Theme Dance Brian - M	7:45-8:45pm Beginner Step Kenny - Beg		5:30-6:30pm MTV Style Ling - L1
8:15-9:15pm Hip Hop Casley - M				8:45-9:45pm Tai Chi Kenny - L1		

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

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					11:00am-12:00pm Body Stretch Kit - L1	11:00am-12:00pm Yoga 1 Cassie - L1
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	8:30-9:30pm Bootcamp Adam - L1		8:45-9:45pm Free Style Nicky - L1	8:30-9:30pm MTV Style Casley - M		

L1 = Suitable for Beginners L2 = Intermediate

 New Arrangement
 New Class

M = Multi Level



Instructor Holiday :

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

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