

SCHEDULE 课程表

MONDAY 星期一	TUESDAY 星期二	WEDNESDAY 星期三	THURSDAY 星期四	FRIDAY 星期五	SATURDAY 星期六	SUNDAY 星期日
9.45am - 10.45am Meditation 静坐 Mandarin 中	9.30am - 10.45am Basic Hatha Yoga 初级哈他瑜伽 English 英	9.00am - 10.00am Basic Hatha Yoga 初级哈他瑜伽 Bilingual 中/英	9.00am - 10.00am Vinyasa Yoga 动态瑜伽 Bilingual 中/英	6.00pm - 7.15pm Basic Hatha Yoga 初级哈他瑜伽 Bilingual 中/英	9.00am - 10.15am Basic Hatha Yoga 初级哈他瑜伽 Bilingual 中/英	11.30am - 12.45pm Basic Hatha Yoga 初级哈他瑜伽 Bilingual 中/英
11.00am - 12.15pm Basic Hatha Yoga 初级哈他瑜伽 Bilingual 中/英	7.00pm - 8.15pm Basic Hatha Yoga 初级哈他瑜伽 English 英	7.00pm - 8.00pm Meditation 静坐 Mandarin 中	7.00pm - 8.15pm Basic Hatha Yoga 初级哈他瑜伽 Bilingual 中/英		11.00am - 12.15pm Intermediate Hatha Yoga 中级哈他瑜伽 Bilingual 中/英	
7.00pm - 8.15pm Intermediate Hatha Yoga 中级哈他瑜伽 Bilingual 中/英		8.15pm - 9.15pm Vinyasa Yoga 动态瑜伽 Bilingual 中/英	8.30pm - 9.30pm Yin Yoga 阴瑜伽 Mandarin 中			
8.30pm - 9.45pm Basic Hatha Yoga 初级哈他瑜伽 Bilingual 中/英						



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