

@TRIKO_YOGA_HK

9103 1657

觀塘駿業里世貿大樓1403室



AUGUST

試堂\$200上2堂
10日內空中地面任選
DM / WHATSAPP報名

地面 / 3 Cred

空中 / 4 Cred

Mon 一	Tue 二	Wed 三	Thu 四	Fri 五	Sat 六	Sun 日
場地租用 Studio Rental	場地租用 Studio Rental	場地租用 Studio Rental	場地租用 Studio Rental	場地租用 Studio Rental	8:00 - 9:00 阿斯坦加瑜伽 Ashtanga Yoga (Sze)	場地租用 Studio Rental
		9:45 - 10:45 基礎地面瑜伽 Hatha Yoga (Ching Ching)		9:45 - 10:45 初階空中瑜伽 Beginner Aerial (Ching Ching)	10:00 - 11:00 開髖伸展 Hip Opening (Mandy)	10:00 - 11:00 基礎地面瑜伽 Hatha (Ching Ching)
		10:50 - 11:50 初階空中瑜伽 Beginner Aerial (Ching Ching)	11:00 - 12:00 排毒瑜伽 Detox Yoga (Tzelok 15 22 29)	10:50 - 11:50 基礎地面瑜伽 Hatha Yoga (Ching Ching)	11:10 - 12:10 進階地面瑜伽 Hatha 2 (Natalie)	11:10 - 12:10 溫和伸展瑜伽 Gentle Stretch (Ching Ching)
13:20 - 14:20 初階空中瑜伽 Beginner Aerial (Emily)		12:50 - 13:50 低空伸展瑜伽 Aerial Stretch (Emily)	12:10 - 13:10 溫和輪瑜伽 Gentle Yoga Wheel (Tzelok 15 22 29)	場地租用 Studio Rental	12:15 - 13:15 初階倒立 Beginner Inversion (Natalie)	12:20 - 13:20 初階空中吊環 Beginner Aerial Hoop (Emily)
15:00 - 16:00 基礎地面瑜伽 Hatha 1 (Ching Ching)	15:00 - 16:00 初階空中瑜伽 Beginner Aerial (Ching Ching)	14:00 - 15:00 開髖與後彎 Hip Open & Backbend (Tzelok 14 21 28)	13:20 - 14:20 初階空中瑜伽 Beginner Aerial (Emily)	13:30 - 14:30 溫和輪瑜伽 Gentle Yoga Wheel (Tzelok 16 23 30)	13:20 - 14:20 溫和流瑜伽 Gentle Vinyasa (Ching Ching 3 31) (Sze 10 17 24)	13:30 - 14:30 初階空中瑜伽 Beginner Aerial (Emily)
16:10 - 17:10 初階空中瑜伽 Beginner Aerial (Ching Ching)	16:10 - 17:10 開肩舒痛 Shoulder Opening (Ching Ching)	15:15 - 16:15 初階空中瑜伽 Beginner Aerial (Emily)	16:00 - 17:00 初階空中吊環 Beginner Aerial Hoop (Emily)	14:40 - 15:40 初階空中瑜伽 Beginner Aerial (Tzelok 16 23 30)	14:30 - 15:30 瑜伽輪 Yoga Wheel (Ching Ching 3 31) (Sze 10 17 24)	14:40 - 15:40 開肩舒痛 Shoulder Opening (Tzelok 11 18 25)
17:20 - 18:20 溫和伸展瑜伽 Gentle Stretch (Ching Ching)	17:20 - 18:20 基礎地面瑜伽 Hatha 1 (Natalie)	16:30 - 17:30 開肩舒痛 Shoulder Opening (Tzelok 14 21 28)	17:20 - 18:20 初學者瑜伽 Yoga For Beginner (Ching Ching)	17:20 - 18:20 初階空中吊環 Beginner Aerial Hoop (Emily)	15:45 - 16:45 基礎地面瑜伽 Hatha 1 (Mandy)	15:50 - 16:50 基礎地面瑜伽 Hatha (Ching Ching 4) (Tzelok 11 18 25)
18:30 - 19:30 溫和輪瑜伽 Gentle Yoga Wheel (Natalie)	18:30 - 19:30 溫和伸展瑜伽 Gentle Stretch (Natalie)	18:10 - 19:10 後彎及扭轉 Backbend & Twisting (Natalie)	18:30 - 19:30 基礎地面瑜伽 Hatha 1 (Natalie)	18:30 - 19:30 空中瑜伽 Aerial Yoga (Emily)	17:20 - 18:20 空中瑜伽 Aerial Yoga (Ching Ching 3 10) (Tzelok 17 24 31)	17:00 - 18:00 初階空中瑜伽 Beginner Aerial (Ching Ching 4) (Tzelok 11 18 25)
19:40 - 20:40 痛症舒緩瑜伽 Pain Relief (Christina)	19:40 - 20:40 進階地面瑜伽 Hatha 2 (Tommy)	19:20 - 20:20 溫和伸展瑜伽 Gentle Stretch (Natalie)	19:40 - 20:40 初階空中瑜伽 Beginner Aerial (Emily)	19:40 - 20:40 基礎地面瑜伽 Hatha 1 (Christina)	18:30 - 19:30 後彎及倒立 Backbend & Inversion (Tommy)	場地租用 Studio Rental
20:45 - 21:45 瘦身塑型瑜伽 Slim & Toning (Mandy)	20:50 - 21:50 頌鉢聲頻療癒 Singing Bowl Therapy (Rose 6 20 27)	20:30 - 21:30 瘦身塑型瑜伽 Slim & Toning (Mandy)	20:45 - 21:45 溫和輪瑜伽 Gentle Yoga Wheel (Natalie)	20:45 - 21:45 溫和伸展瑜伽 Gentle Stretch (Christina 2 9) (Tzelok 16 23 30)	19:40 - 20:40 進階地面瑜伽 Hatha 2 (Tommy)	