

Adult Dance Ballet / Yoga

土瓜灣TKW	黃埔WP	將軍澳TKO
Pilates (一)Mon 9:30-10:30am RI	Beginners (一)Mon 9:30-10:30am PL	Beginners (一)Mon 9:30-10:30am AgC
Stretching (一)Mon 10:30-11:30am RI	Stretching (一)Mon 10:30-11:30am PL	Stretching (一)Mon 10:30-11:30am AgC
Yoga (二)Tue 9:30-10:30am MF	Yoga (二)Tue 9:30-10:30am MF	Dance (二)Tue 9:30-10:30am TC
Ballet Fit (二)Tue 10:30-11:30am	Ballet Fit (二)Tue 10:30-11:30am RI	Pilates (二)Tue 10:30-11:30am TC
Ballet Fit (二)Tue 8:30-9:30pm TC	Allegro (三)Wed 9:30-10:30am AgC	Yoga (三)Wed 9:30-10:30am MF
Ballet Fit (三)Wed 9:30-10:30am EW	Dance (三)Wed 10:30-11:30am AgC	Ballet Fit (三)Wed 10:30-11:30am TC
Dance (四)Thu 9:30-10:30am RI	Dance (四)Thu 9:30-10:30am TC	Allegro (四)Thu 9:30-10:30am PL
Yoga (四)Thu 10:30-11:30am MF	Pilates (四)Thu 10:30-11:30am TC	Dance (四)Thu 10:30-11:30am PL
Ballet Fit (五)Fri 10:30-11:30am RI	Beginners (五)Fri 9:30-10:30am TC	Beginners (五)Fri 9:30-10:30am EW
	Ballet Fit (五)Fri 10:30-11:30am TC	Ballet Fit (五)Fri 10:30-11:30am EW

修改日期: 11 May 2023