

FIT LAB KWUN TONG Yoga Class Timetable
ACTIVE FROM 03/01/2022

		Beginner practitioner Yoga Fit	Serious practitioner Calm Your Mind	Care Your Body	January 2022			
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning							10:30-11:30 Vinyasa Mic	10:30-11:30 Yin Yang Calvin
	Afternoon	13:00-13:45 Vinyasa Calissa	12:30-13:15 Yoga Wheel Zenia	13:00-14:00 Aerial beginner Debbie	13:00-13:45 Yoga Stretch Mic	13:00-13:45 Power Yoga Debbie	11:30-12:30 Gentle Stretch Mic	11:30-12:30 Yoga Balance Calvin
Evening		18:30-19:30 Hatha Basic Debbie	18:30-19:15 TRX WARRIOR FIT LAB	18:30-19:30 Back Care Calissa	18:15-19:15 Hatha Mic	18:30-19:30 Core + Arm Zenia	Studio occupied Yoga Teacher Training until 29 Jan	Studio occupied Yoga Teacher Training until 29 Jan
		19:00-20:00 BOXING KYLE	19:00-20:00 BOXING	19:30-20:30 Yin + Singing bowl Chris	19:15-20:15 Gentle Flow Mic	19:30-20:30 Hatha Zenia		
		20:00-21:00 BOXING KYLE	19:15-20:15 Vinyasa2 Mic	19:30-20:30 BOXING YING	19:30-20:30 BOXING COOKIE/WAH	19:30-20:30 BOXING		
		19:30-20:30 Aerial Yoga Debbie	20:00-21:00 BOXING	20:30-21:15 TRX BODY TONE FIT LAB	20:15-21:15 Yin + singing bowl Mic			
		20:30-21:15 TRX FAT BURNER FIT LAB	20:15-21:15 Gentle Stretch Mic					

Booking policy: <https://www.fitlabhk.com/booking-policy>