

## FIT LAB LAI CHI KOK 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											
							10:30-11:15 CIRCUIT BLAST FIT LAB	10:30-11:30 Hatha Calissa			
							11:30-12:15 BOSU XTREME FIT LAB	11:30-12:30 Slim Yoga Calissa			
Afternoon				13:00-13:30 HARDCORE ABS FIT LAB	12:30-13:30 Back Care Sherry	13:00-13:45 BOSU FIT LAB	12:15-13:15 Yoga Stretch Calissa	12:30-13:15 BOSU XTREME FIT LAB			
		13:00-13:45 TRX WARRIOR FIT LAB	12:30-13:30 Aerial Beginner Debbie				14:30-15:30 Vinyasa Calissa	14:30-15:15 TRX WARRIOR FIT LAB			
		14:00-15:00 Hatha Basic Mic	14:00-15:00 Yoga Stretch Debbie				14:30-15:30 BOXING JERRY/TOBEY/KADO	16:00-17:00 Yoga Balance Calvin			
Evening		18:15-19:15 Yoga Stretch Calvin	18:30-19:00 HARDCORE ABS FIT LAB	18:45-19:45(S2) Vinyasa Basic Mic	14:00-15:00 Aerial Flow Sherry	18:00-19:00 Slimming Yoga Molly	16:00-17:00 Alignment Focus Chris	17:00-18:00 Yin + Singing Bowl Calvin			
		19:00-20:00(S2) Yoga Balance Melody	19:00-20:00 Hatha Kitty	19:00-20:00 Yoga Stretch Zenia	18:30-19:30 Core Strength Debbie	19:00-20:00 Gentle Yoga Molly	17:00-18:00 Yin + Singing Bowl Chris				
		19:15-20:15 Vinyasa Basic Calvin	19:30-20:30 BOXING VIC WONG 7	19:30-20:30 BOXING HELEN	19:30-20:30 Digest+Detox Yoga Debbie	19:30-20:30 BOXING JERRY/TOBEY/KADO					
		19:30-20:30 BOXING HELEN	20:00-21:00 Yoga Dance Kitty	19:45-20:45(S2) Slow Flow Mic	19:30-20:30 BOXING VIC WONG 7	20:00-21:00 Yoga Wheel Molly					
		20:00-21:00(S2) Slim Yoga Melody	21:00-22:00 Aerial Beginner Kitty	20:00-21:00 Yoga Wheel Zenia	20:30-21:30 Aerial Stretch Debbie	21:00-21:45 TRX WARRIOR FIT LAB					
		20:15-21:15 Vinyasa2 Zenia		20:30-21:30 BOXING HELEN	21:30-22:15 TRX WARRIOR FIT LAB						
		20:30-21:30 BOXING HELEN		21:00-22:00 Yin+Singing Bowl Zenia							
	21:15-22:15 Yin+Meditation Zenia										

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