

1 月有氧課程表

Aerobic Schedule Jan 2022

Mon 星期一	Tue 星期二	Wed 星期三	Thu 星期四	Fri 星期五	Sat 星期六	Sun 星期日
1000-1100 Core training II 核心鍛鍊 II Catherine	1500-1600 Cycle 飛輪有氧 Ian	1630-1730 Core training I 核心鍛鍊 I Sid	1630-1730 Dance Workout 舞動有氧 Jack	0645-0745 Yoga I 瑜珈 I Fanny	1530-1630 Yoga II 瑜珈 II Olivia	1500-1600 Core training II 核心鍛鍊 II Fanny
1930-2030 Tai-chi 太極養生 Liu Yi-Lin	*1630-1730 Dance Workout 舞動有氧 Melvin 2030-2130 Core training I 核心鍛鍊 I Irene	1930-2030 Tai-chi 太極養生 Hsu Zi Hsia	*1800-1900 Yoga II 瑜珈 II Eddy	1210-1310 Core training I 核心鍛鍊 I Melvin 1600-1700 Yoga I 瑜珈 I Eddy 1930-2030 Cycle 飛輪有氧 JJ		

課程異動 Change Notice	<ul style="list-style-type: none"> 1 月 3 日 (一) 適逢例行維修，課程調整至 1 月 8 日 (六)，核心鍛鍊 II 調整至 14:15-15:15 改由 Olivia 老師授課、太極養生調整至 16:45-17:45。 Due to schedule maintenance Jan 03, all classes will be shifted to Jan 08. Core training II will be rescheduled to 14:15-15:15 and led by Olivia. Tai-chi will be rescheduled to 16:45-17:45. 1 月 4.11.18.25 日 (二) 飛輪有氧改由 JJ 老師授課。 Cycle class on Jan 4.11.18.25 will be led by JJ. 1 月 2 日 (日) 核心鍛鍊 II 改由 Jack 老師授課。 Core training I on Jan 02 will be led by Jack 1 月 31 日-2 月 5 日春節假期停課 During Chinese New Year holidays from Jan 31 to Feb 05 classes are suspended.
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- 所有課程採劃位制，開課一小時前開放貴賓臨櫃劃位，惟*特定課程二小時前開放劃位。劃位時間至上課前 10 分鐘截止，限本人報名，不得代為報名。(開課時間依綠洲健身中心現場時間為準)
Guests must pre-register for all classes 1 hour in advance in person; for specified classes 2 hour in advance. Walk-in spots are not available. Registration ends 10 minutes before class starts.
- 開課前 20 分鐘開放進入教室，完成劃位之貴賓可依劃位入座。
Guests will be allowed to enter 20 minutes prior to the class starts. All guests will be assigned to a dedicated spot according to the registration chart.
- 課程開始後即無法進入教室，以免影響其他賓客權益。
Late arrival may result in being refused entry to avoid interference.
- 其他詳細課程規則，請參考課程報名注意事項。
For further class regulation details, please refer to class registration notes.