



5 月有氧課程表

Aerobic Schedule May 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"> 5 月 3.10.17.24.31 日(二) 飛輪有氧改由 JJ 老師授課。 Cycle class on May 3, 10, 17, 24, 31 will be led by JJ 5 月 13.20 日(五) 核心鍛鍊 I 改由 JJ 老師授課，調整至 12:10-13:10。 Core training I on May 13, 20 will be led by JJ. 5 月 17 日(二) 舞動有氧改由 Jack 老師授課。 Dance Workout on May 17 will be led by Jack
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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.
- 配合政府防疫政策，自 2022 年 4 月 22 日(週五)起，如欲使用綠洲健身中心男女三溫暖、健身房及戶外泳池，需出示接種 COVID-19 疫苗之紀錄證明，18 歲以上須完整接種三劑，12 歲至 18 歲須出示完整接種兩劑。
Adhering to CDC guidelines, people above 18 years of age are required to present proof of having had three COVID-19 vaccine shots, while guests between 12 and 18 years old should present the proof of two COVID-19 vaccine shots to enter Club Oasis' male and female saunas, fitness center, and outdoor pool beginning Friday, April 22. Thank you for your cooperation.