

Week Jun 19- Jun-25, 2017



Reservation : 2838 5686
www.bodywise.com.hk

Time	19-Jun Monday	20-Jun Tuesday	21-Jun Wednesday	22-Jun Thursday	23-Jun Friday	24-Jun Saturday	25-Jun Sunday
8:30	Vinyasa Emi 8:30-9:30		Hatha Bandu 8:30-9:30		Sunrise Yoga Bandu 8:30-9:30		
9:00		Hatha Emi 9:30-10:30		Hatha Hazel 9:30-10:30		Detox Flow Hazel 9:15-10:15	Hatha Emi 9:15-10:15
10:00	Air Therapy Nandu 10:00-11:00		Power Nandu 10:00-11:00		Air Stretch Bandu 10:00-11:00	Sunrise Yoga Bandu 10:15-11:15	Stretch to the Sky L1 Bandu 10:00-11:00
11:00	Stretch to the Sky L1 Bandu 11:15-12:15	Vinyasa Emi 11:15-12:15		Air Stretch Bandu 11:15-12:15	Yoga Therapy Nandu 11:15-12:15	Long Slow & Deep Bandu 11:30-12:30	Ashtanga Led Primary Nandu 11:00-12:00
12:00	Easy Yoga Nandu 12:30-13:30	Fundamentals Nandu 12:30-13:30	Asana & Pranayama Nandu 12:30-13:30	Detox Flow Hazel 12:30-13:30	Fundamentals Nandu 12:30-13:30	Bodywise Air Nandu 11:30-12:30	Open up Bandu 11:30-12:30
13:00	Long Slow & Deep Bandu 13:30 - 14:30		Air Stretch Bandu 13:30 - 14:30				
14:00						Open Up Bandu 15:00-16:00	
15:00	Hatha Emi 15:00-16:00				Air Stretch Emi 15:00-16:00	Easy Yoga Nandu 15:15-16:15	Hatha Bandu 15:00-16:00
16:00	Air Stretch Emi 17:00-18:00	Fundamentals Nandu 17:00-18:00	Hatha Bandu 17:00-18:00		Hatha Bandu 17:00-18:00		Fundamentals Nandu 16:15-17:15
17:00						Universal Yoga Bandu 17:00-18:15 75 mins	Sunset Yoga Bandu 17:30-18:30
18:00							
19:00	Hatha Bandu 19:00-20:00	Yoga for Life Emi 19:00-20:00	Stretch & Balance Bandu 19:00-20:00	Stretch to the Sky L1 Bandu 19:00-20:00	Yoga for Life Emi 19:00-20:00	Yoga Therapy Nandu 18:30-19:30	
	Fundamentals Nandu 19:15-20:15	Fundamentals Irene 19:15-20:15	Air Therapy Nandu 19:15-20:15	Air Stretch Emi 19:15-20:15	Fundamentals Nandu 19:00-20:00		
20:00					Sunset Yoga Bandu 20:00-21:00		
	Stretch to the Sky L1 Bandu 20:30-21:30	Hatha Irene 20:30-21:30	Long Slow & Deep Bandu 20:30-21:30	Stretch and Relax Bandu 20:30-21:30			
M - Multi Level I - Intermediate B - Beginner L1- Level 1 L2- Level 2 Air®/Antigravity® Class		* Please arrive 5min before Yoga class and 10min before Air class. We will stop check-in within a time period. * All the classes will begin on time. Once the class starts, you will not be permitted in. * Required minimum 4 working hours cancellation on weekdays and 24 hrs cancellation on weekends for Group classes. * Required minimum 1 day cancellation for Private class. * The appropriate time for cancellation is not met then a class will be deducted from your package. * The type of Class or Instructor is subject to change without prior notice. * Please be considerate to maintain ambience in the class. Do not bring your mobile phone into the studio. * Suspension of membership must be submitted minimum 10 days prior to the first date of suspension period.					
Booking is accepted for (maximum) 2 days in advance of the class schedule. Please bring your membership card with you. Without membership card, the locker key will not be granted.							