



Week Aug-21-Aug 27, 2017

Reservation : 2838 5686
www.bodywize.com.hk

Time	21-Aug Monday	22-Aug Tuesday	23-Aug Wednesday	24-Aug Thursday	25-Aug Friday	26-Aug Saturday	27-Aug Sunday	
8:30								
9:00		Power Nandu 9:30-10:30		Hatha Emi 9:30-10:30		Hatha Emi 9:15-10:15	Yoga for Life Emi 9:15-10:15	
10:00	Hatha Emi 10:00-11:00		Open Up Bandu 10:00-11:00		Sunrise Yoga Bandu 10:00-11:00	Sunrise Yoga Bandu 10:15-11:15	Stretch to the Sky L1 Bandu 10:00-11:00	
11:00	Air Therapy Nandu 11:15-12:15	Yoga for life Emi 11:15-12:15	Asana & Pranayama Nandu 11:15-12:15	Open Up 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	Stretch to the sky L1 Bandu 12:30-13:30	Yoga for life Emi 12:30-13:30	Bodywize Air Nandu 12:30-13:30	Bodywize 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		Yoga for life Emi 14:30-15:30		Hatha Bandu 14:30-15:30		Open Up Bandu 15:00-16:00		
15:00	Air Stretch Emi 15:00-16:00		Yoga Therapy Nandu 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	Hatha Bandu 17:00-18:00	Fundamentals Nandu 17:00-18:00		Open Up Bandu 17:00-18:00	Stretch to the Sky L1 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	Long Slow & Deep Bandu 19:00-20:00	Easy Yoga Nandu 19:00-20:00	Stretch & Balance Bandu 19:00-20:00	Air Flow Allen 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	Fundamentals Nandu 19:15-20:15	Stretch to the Sky L1 Nandu 19:15-20:15 Bandu	Fundamentals Nandu 19:00-20:00			
20:00				Healing Therapy Allen 20:15-21:30 75 mins	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.								