



Time	17-Jul Monday	18-Jul Tuesday	19-Jul Wednesday	20-Jul Thursday	21-Jul Friday	22-Jul Saturday	23-Jul Sunday
8:30							
9:00		Power Nandu 9:30-10:30	Open Up Bandu 9:30-10:30	Ashtanga Led Primary Nandu 9:30-10:30	Yoga for Life Emi 9:30-10:30	Hatha Emi 9:15-10:15	Yoga for Life Emi 9:15-10:15
10:00						Sunrise Yoga Bandu 10:15-11:15	Stretch to the Sky L1 Bandu 10:00-11:00
11:00	Easy Yoga 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	Hatha Emi 11:15-12:15		
12:00	Air Therapy Nandu 12:30-13:30	Fundamentals Nandu 12:30-13:30	Stretch & Balance Bandu 12:30-13:30	Easy Yoga Nandu 12:30-13:30	Air Stretch Emi 12:30-13:30	Open Up Bandu 11:30-12:30	Open up Bandu 11:30-12:30
13:00	Stretch to the Sky L1 Bandu 13:30 - 14:30		Air Stretch Bandu 13:30 - 14:30				
14:00						Air Therapy Allen 15.00-16.00	
15:00			Easy Yoga Nandu 15.00-16.00	Hatha Bandu 15:00-16:00	Air Stretch Emi 15:00-16:00	Stretch to the sky L1 Bandu 15.15-16.15	Hatha Emi 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	Hatha Bandu 17:00-18:00		Open up Bandu 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	Ashtanga Led Primary Nandu 19:00-20:00	Yoga for Life Emi 19:00-20:00	Hatha Bandu 18.30-19.30	
	Fundamentals Nandu 19:15- 20:15	Fundamentals Irene 19:15-20:15	Air Therapy Nandu 19:15-20:15	Open up Bandu 19:15-20:15	Stretch & Core Bandu 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.

Week Jul 24 Jul 30, 2017



Reservation : 2838 5686
www.bodywise.com.hk

Time	24-Jul Monday	25-Jul Tuesday	26-Jul Wednesday	27-Jul Thursday	28-Jul Friday	29-Jul Saturday	30-Jul Sunday
8:30							
9:00	Air Stretch Emi 10:00-11:00	Sunrise Yoga Bandu 10:00-11:00				Hatha Emi 9:15-10:15	Yoga for Life Emi 9:15-10:15
10:00				R		Sunrise Yoga Bandu 10:15-11:15	Stretch to the Sky L1 Bandu 10:00-11:00
11:00	Hatha Emi 11:15-12:15	Long Slow & Deep Bandu 11:15-12:15		E		Long Slow & Deep Bandu 11.30-12.30	Ashtanga Led Primary Nandu 11.00-12.00
12:00	Open Up Bandu 12:30-13:30	Open up Bandu 12:30-13:30		N		Bodywise Air Nandu 11:30-12:30	Open up Bandu 11:30-12:30
13:00	Stretch to the Sky L1 Bandu 13:30 - 14:30			O			
14:00				V		Open Up Bandu 15.00-16.00	
15:00	Air Stretch Emi 15:00-16:00			A		Easy Yoga Nandu 15.15-16.15	Hatha Bandu 15.00-16.00
16:00	Hatha Bandu 17:00-18:00	Air Stretch Emi 17:00-18:00		T			Fundamentals Nandu 16:15-17:15
17:00				I		Universal Yoga Bandu 17.00-18.15 75 mins	Sunset Yoga Bandu 17.30-18.30
18:00				O			
19:00	Hatha Emi 19:00-20:00	Yoga for life Emi 19:00-20:00		N		Yoga Therapy Nandu 18.30-19.30	
	Open Up Bandu 19:15- 20:15	Fundamentals Allen 19:15-20:15					
20:00							
	Stretch to the Sky L1 Bandu 20:30-21:30	Hatha Emi 20:30-21:30					

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