Week Feb 19- Feb 25, 2018

bodywize® DAY SPA . YOGA . FITNESS

Reservation : 2838 5686
www.bodywize.com.hk

Time	19-Feb Monday	20-Feb Tuesday	21-Feb Wednesday	22-Feb Thursday	23-Feb Friday	24-Feb Saturday	25-Feb Sunday
8:30							
9:00	**Vinyasa** Emi 9:30-10:30	**Hatha** Emi 9:30-10:30	**Detox Flow** Emi 9:30-10:30	**Yoga For Life** Emi 9:30-10:30	**Vinyasa** Emi 9:30-10:30	**Hatha** Emi 9:15-10:15	**Detox Flow** Emi 9:15-10:15
10:00	**Hatha** Irene 10:15-11:15					**Ashtanga Led Primary Series** Nandu 10:15-11:15	
11:00	**Fundamentals** Irene 11:15-12:15	**Detox Flow** Emi 11:15-12:15	**Air Stretch** Emi 11:15-12:15	**Air Stretch** Emi 11:15-12:15	**Yoga Therapy** Nandu 11:15-12:15	**Detox Flow** Emi 11:30-12:30	**Hatha** Emi 11:00-12:00
12:00		**Fundamentals** Allen 12:30-13:30	**Hatha** Emi 12:30-13:30	**Easy Yoga** Nandu 12:30-1:30	**Bodywize Air** Nandu 12:30-13:30	**Bodywize Air** Nandu 11:30-12:30	**Fundamentals** Nandu 11:30-12:30
13:00		**Hatha** Emi 13:30-14:30			**Vinyasa** Emi 13:30-14:30		
14:00						**Air Stretch** Emi 15:00-16:00	
15:00	**Hatha** Emi 15:00-16:00			**Air Stretch** Emi 15:00-16:00	**Hatha** Emi 15:00-16:00	**Asana & Pranayama** Nandu 15:15-16:15	**Hatha** Emi 15:00-16:00
16:00	**Air Stretch** Emi 16:15-17:15					**Power** Nandu 17:00-18:15 (75 mins)	**Fundamentals** Nandu 16:15-17:15
17:00	**Detox Flow** Emi 17:30-18:30	**Air Stretch** Emi 17:00-18:00		**Yoga For Life** Emi 17:00-18:00	**Detox Flow** Emi 17:00-18:00		**Vinyasa** Emi 17:30-18:30
18:00						**Yoga For Life** Emi 18:30-19:30	
19:00		**Hatha** Emi 19:00-20:00	**Fundamentals** Allen 19:15-20:15	**Ashtanga Basic** Nandu 19:00-20:00	**Fundamentals** Nandu 19:00-20:00		
		Fundamentals Irene 19:15-20:15	**Hatha** Emi 19:15-20:15	**Bodywize Air** Nandu 20:15-21:15			
20:00		**Detox Flow** Emi 20:15-21:15	**Vinyasa** Emi 20:15-21:15	**Yoga For Life** Emi 20:15-21:15	**Vinyasa (M)** Emi 20:00-21:15 (75mins)		

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 ambiance in the class. Do not bring your mobile phone into the studio.

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.