



Week Jan 15- 21, 2018

Reservation : 2838 5686
www.bodywize.com.hk

Time	15-Jan Monday	16-Jan Tuesday	17-Jan Wednesday	18-Jan Thursday	19-Jan Friday	20-Jan Saturday	21-Jan Sunday
8:30							
9:00	Hatha Emi 9:30-10:30	Detox Flow Emi 9:30-10:30	Long Slow & Deep Bandu 9:30-10:30	Stretch to the Sky L1 Bandu 9:30-10:30	Hatha (B) Emi 9:30-10:30	Hatha Emi 9:15-10:15	Detox Flow Emi 9:15-10:15
10:00						Sunrise Bandu 10:15-11:15	Stretch to the sky L1 Bandu 10:15-11:15
11:00	Easy Yoga Nandu 11:15-12:15	Stretch & Balance Bandu 11:15-12:15	Air Stretch Bandu 11:15-12:15	Stretch & Core Bandu 11:15-12:15	Sunrise Bandu 11:15-12:15	Vinyasa Emi 11:30-12:30	Yoga For Life Emi 11:00-12:00
12:00	Detox Flow Emi 12:30-13:30	Open up Bandu 12:30-13:30	Vinyasa Emi 12:30-13:30	Hatha Emi 12:30-13:30	Be Free Bandu 12:30-13:30	Stretch & Core Bandu 11:30-12:30	Open up Bandu 11:30-12:30
13:00		Hatha Emi 13:30-14:30	Air Stretch Emi 13:30-14:30		Vinyasa (B) Emi 13:30-14:30		
14:00		Yoga For Life Emi 14:30-15:30		Detox Flow Emi 14:30-15:30		Open Up Bandu 15:00-16:00	
15:00	Air Stretch Emi 15:00-16:00		Yoga For Life Emi 15:00-16:00		Hatha Bandu 15:00-16:00	Hatha Emi 15:15-16:15	Hatha Emi 15:00-16:00
16:00						Universal Yoga Bandu	Air Stretch Emi 16:15-17:15
17:00	Detox Flow Emi 17:00-18:00	Open up Bandu 17:00-18:00	Hatha Bandu 17:00-18:00	Sunset Yoga Bandu 17:00-18:00	Vinyasa (B) Emi 17:00-18:00	17:00-18:15 (75 mins)	Sunset Yoga Bandu 17:30-18:30
18:00						Yoga For Life Emi 18:30-19:30	
19:00	Hatha Emi 19:00-20:00	Long Slow & Deep Bandu 19:00-20:00	Open up Bandu 19:00-20:00	Fundamentals Allen 19:00-20:00	Open up Bandu 19:00-20:00		
	Fundamentals Nandu 19:15-20:15	Fundamentals Irene 19:15-20:15	Vinyasa Emi 19:15-20:15	Stretch & Balance Bandu 19:15-20:15			
20:00				Healing Therapy Allen 20:15-21:15	Detox Flow Emi 20:00-21:00		
	Asana & Pranayama Nandu 20:30-21:30	Yoga For Life Emi 20:30-21:30	Hatha (B) Emi 20:30-21:30	Yoga For Life Emi 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.

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.