



Week Sept 25 - Oct 1-2017

Reservation : 2838 5686
www.bodywise.com.hk

Time	25-Sep Monday	26-Sep Tuesday	27-Sep Wednesday	28-Sep Thursday	29-Sep Friday	30-Sep Saturday	1-Oct Sunday
8:30		Power Nandu 8:30-9:30		Hatha Bandu 8:30-9:30			
9:00	Hatha Emi 9:30-10:30		Universal Yoga Bandu 9:30-10:30		Sunrise Yoga Bandu 9:30-10:30	Hatha Emi 9:15-10:15	Yoga for Life Emi 9:15-10:15
10:00	Air Therapy Nandu 10:00-11:00	Air Stretch Emi 10:00-11:00		Yoga for Life Emi 10:00-11:00		Sunrise Yoga Bandu 10:15-11:15	Stretch to the sky L1 Bandu 10:15-11:15
11:00	Stretch to the sky L1 Bandu 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 Series Nandu 11:30-12:30
12:00	Easy yoga Nandu 12:30-13:30	Fundamentals Nandu 12:30-13:30	Fundamentals Nandu 12:30-13:30	Hatha Emi 12:30-13:30	Bodywise Air Nandu 12:30-13:30	Bodywise Air Nandu 11:30-12:30	Open Up Bandu 11:30-12:30
13:00							
14:00		Yoga for life Emi 14:30-15:30		Stretch to the Sky 1 Bandu 14:30-15:30		Open Up Bandu 15:00-16:00	
15:00	Air Stretch Bandu 15:00-16:00		Open Up Bandu 15:00-16:00		Yoga for Life Emi 15:00-16:00	Easy Yoga Nandu 15:15-16:15	Hatha Bandu 15:00-16:00
16:00							Fundamentals Nandu 16:15-17:15
17:00	Hatha Bandu 17:00-18:00	Fundamentals Nandu 17:00-18:00	Asana & Pranayama Nandu 17:00-18:00	Yoga for Life Emi 17:00-18:00	Stretch to the Sky L1 Bandu 17:00-18:00	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	Air Therapy Nandu 19:00-20:00	Air Flow Allen 19:00-20:00	Hatha Emi 19:00-20:00	Yoga Therapy Nandu 6:30-7:30	
	Fundamentals Nandu 19:15-20:15	Fundamentals Irene 19:15-20:15	Stretch & Balance Bandu 19:15-20:15	Hatha Bandu 19:15-20:15	Fundamentals Nandu 19:00-20:00		
20:00				Healing Therapy Allen 20:15-21:30 75 mins	Sunset Yoga Bandu 20:00-21:00		
	Yoga Therapy Nandu 20:30-21:30	Hatha Irene 20:30-21:30	Long Slow & Deep Bandu 20:30-21:30	Stretch & Relax Bandu 20:30-21:30			
M - Multi Level I - Intermediate B- Beginner L1- Level 1 L2- Level 2	<ul style="list-style-type: none"> * 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. 						
Air@/Antigravity® Class	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.						