



Week Dec11- Dec. 17, 2017

Reservation : 2838 5686  
www.bodywize.com.hk

Time	11-Dec Monday	12-Dec Tuesday	13-Dec Wednesday	14-Dec Thursday	15-Dec Friday	16-Dec Saturday	17-Dec Sunday
8:30							
9:00	<b>Hatha</b> Emi 9:30-10:30	<b>Yoga for life</b> Emi 9:30-10:30	<b>Sunrise</b> Bandu 9:30-10:30	<b>Vinyasa</b> Emi 9:30-10:30	<b>Stretch &amp; Balance</b> Bandu 9:30-10:30	<b>Hatha</b> Emi 9:15-10:15	<b>Detox Flow</b> Emi 9:15-10:15
10:00	<b>Open Up</b> Bandu 10:00-11:00			<b>Stretch &amp; Core</b> Bandu 10:00-11:00		<b>Sunrise</b> Bandu 10:15-11:15	<b>Stretch to the sky L1</b> Bandu 10:15-11:15
11:00	<b>Vinyasa (B)</b> Emi 11:15-12:15	<b>Detox Flow</b> Emi 11:15-12:15	<b>Fundamentals</b> Nandu 11:15-12:15	<b>Hatha</b> Emi 11:15-12:15	<b>Yoga Therapy</b> Nandu 11:15-12:15	<b>Vinyasa (B)</b> Emi 11:30-12:30	<b>Yoga for Life</b> Emi 11:00-12:00
12:00	<b>Easy Yoga</b> Nandu 12:30-13:30	<b>Fundamentals</b> Nandu 12:30-13:30	<b>Asana &amp; Pranayama</b> Nandu 12:30-13:30	<b>Stretch to the sky L1</b> Bandu 12:30-1:30	<b>Bodywize Air</b> Nandu 12:30-13:30	<b>Bodywize Air</b> Nandu 11:30-12:30	<b>Fundamentals</b> Nandu 11:00-12:00
13:00	<b>Long Slow &amp; Deep</b> Bandu 13:30-14:30		<b>Air Stretch</b> Bandu 13:30-14:30		<b>Vinyasa (B)</b> Emi 13:30-14:30		
14:00		<b>Yoga for life</b> Emi 14:30-15:30		<b>Open Up</b> Bandu 14:30-15:30		<b>Open Up</b> Bandu 15:00-16:00	
15:00	<b>Air Stretch</b> Bandu 15:00-16:00		<b>Stretch &amp; Relax</b> Bandu 15:00-16:00		<b>Hatha (B)</b> Emi 15:00-16:00	<b>Ashtanga Basic</b> Nandu 15:15-16:15	<b>Hatha</b> Emi 15:00-16:00
16:00						<b>Universal Yoga</b> Bandu 17:00-18:15 (75 mins)	<b>Fundamentals</b> Nandu 16:15-17:15
17:00	<b>Hatha</b> Emi 17:00-18:00	<b>Fundamentals</b> Nandu 17:00-18:00		<b>Yoga for Life</b> Emi 17:00-18:00	<b>Sunset Yoga</b> Bandu 17:00-18:00		<b>Sunset Yoga</b> Bandu 17:30-18.30
18:00						<b>Yoga for Life</b> Emi 18:30-19:30	
19:00	<b>Long Slow &amp; Deep</b> Bandu 19:00-20:00	<b>Yoga for life</b> Emi 19:00-20:00	<b>Air Therapy</b> Nandu 19:00-20:00	<b>Fundamentals</b> Allen 19:00-20:00	<b>Fundamentals</b> Nandu 19.00-20.00		
	<b>Fundamentals</b> Nandu 19:15-20:15	<b>Fundamentals</b> Irene 19:15-20:15	<b>Stretch &amp; Balance</b> Bandu 19:15-20:15	<b>Hatha</b> Bandu 19:15-20:15	<b>Stretch &amp; Relax</b> Bandu 19:15-20:15		
20:00	<b>Vinyasa (B)</b> Emi 20:00-21:00	<b>Bodywize Fit</b> Nandu 20:00-20:45		<b>Healing Therapy</b> Allen 20:15-21:15	<b>Vinyasa (M)</b> Emi 20:00-21:15 (75mins)		
	<b>Yoga Therapy</b> Nandu 20:30-21:30	<b>Detox Flow</b> Emi 20:30-21:30	<b>Long Slow &amp; Deep</b> Bandu 20:30-21:30	<b>Yoga for Life (B)</b> Emi 20:30-21:30			

M - Multi Level  
I - Intermediate  
B- Beginner  
L1- Level 1  
L2- Level 2

- \* 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.**