

12月有氧舞蹈課程表

星期一	星期二	星期三	星期四	星期五	星期六	星期日
					1 1530-1630 哈達瑜珈II Fanny	2 1500-1600 全方位雕塑 (M) Fanny
3 1000-1100 基礎核心 (B) Catherine 1930-2030 太極 Liu Yi-Lin	4 1400-1500 療癒瑜珈 Pryia 1515-1615 飛輪有氧 Maggie 1630-1730 拉丁有氧 Melvin	5 1630-1730 皮拉提斯 (B) Lorance 1800-1900 飛輪有氧 Maggie 1930-2030 太極 Hsu Zi Hsia	6 1000-1100 和緩瑜珈 Pryia 1630-1730 熱舞派對 Danny D 1815-1915 哈達瑜珈I Eddy	7 0645-0745 瑜珈提斯 Fanny 1110-1210 極球 Melvin 1600-1700 瑜珈基礎 Eddy	8 1530-1630 伸展瑜珈 Natalie	9 1500-1600 伸展瑜珈 Johnny
10 1000-1100 基礎核心 (B) Catherine 1930-2030 太極 Liu Yi-Lin	11 1400-1500 療癒瑜珈 Pryia 1515-1615 飛輪有氧 Ian 1630-1730 拉丁有氧 Melvin	12 1630-1730 皮拉提斯 (B) Lorance 1800-1900 飛輪有氧 Maggie 1930-2030 太極 Hsu Zi Hsia	13 1000-1100 和緩瑜珈 Pryia 1630-1730 熱舞派對 Cliff 1815-1915 哈達瑜珈I Eddy	14 0645-0745 瑜珈提斯 Fanny 1110-1210 極球 Melvin 1600-1700 瑜珈基礎 Eddy	15 1530-1630 哈達瑜珈II Fanny	16 1500-1600 全方位雕塑 (M) Fanny
17 1000-1100 基礎核心 (B) Catherine 1930-2030 太極 Liu Yi-Lin	18 1400-1500 療癒瑜珈 Pryia 1515-1615 飛輪有氧 Ian 1630-1730 拉丁有氧 Melvin	19 1630-1730 皮拉提斯 (B) Lorance 1800-1900 飛輪有氧 Maggie 1930-2030 太極 Hsu Zi Hsia	20 1000-1100 和緩瑜珈 Pryia 1630-1730 熱舞派對 Cliff 1815-1915 哈達瑜珈I Eddy	21 0645-0745 瑜珈提斯 Fanny 1110-1210 極球 Melvin 1600-1700 瑜珈基礎 Eddy	22 1530-1630 伸展瑜珈 Natalie	23 1500-1600 全方位雕塑 (M) Fanny
24 1000-1100 基礎核心 (B) Catherine 1930-2030 太極 Liu Yi-Lin	25 1400-1500 療癒瑜珈 Pryia 1515-1615 飛輪有氧 Ian 1630-1730 拉丁有氧 Melvin	26 1630-1730 皮拉提斯 (B) Lorance 1800-1900 飛輪有氧 Maggie 1930-2030 太極 Hsu Zi Hsia	27 1000-1100 和緩瑜珈 Pryia 1630-1730 熱舞派對 Cliff 1815-1915 哈達瑜珈I Eddy	28 0645-0745 瑜珈提斯 Fanny 1110-1210 極球 Melvin 1600-1700 瑜珈基礎 Eddy	29 1530-1630 哈達瑜珈II Fanny	30 1500-1600 全方位雕塑 (M) Fanny
31 1000-1100 基礎核心 (B) Catherine	<ul style="list-style-type: none"> •請於課程開始前20分鐘抵達本中心，並於10分鐘前進入教室準備，課程開始後即無法進入教室，以免影響其他會員的權益。 •為維持上課品質，請勿將手提袋、手機等私人物品帶入教室。 •教室內及走廊請保持肅靜。 •綠洲健身中心將提供專業舒適的瑜珈墊，您無須另行準備。 •上課前 1-2 小時請避免進食，上課前後請務必飲水補充水份。 •若您曾有過任何舊傷或身體不適，請務必於上課前告知老師。 					



CLUB OASIS
綠洲健身中心

台北君悅酒店 GRAND HYATT TAIPEI 台北市11051松壽路二號 2 SongShou Road, Taipei 11051, Taiwan
Phone : +886 2 2720 1234 Fax : +886 2 2720 1111 taipei.grand.hyatt.com

Aerobic Schedule in December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 1530-1630 Hatha Yoga II Fanny	2 1500-1600 Total Body Sculpt (M) Fanny
3 1000-1100 Core training (B) Catherine 1930-2030 Tai-chi Liu Yi-Lin	4 1400-1500 Healing Yoga Pryia 1515-1615 Spinning Maggie 1630-1730 Zumba Melvin	5 1630-1730 Pilates (B) Lorance 1800-1900 Spinning Maggie 1930-2030 Tai-chi Hsu Zi Hsia	6 1000-1100 Gentle Yoga Pryia 1630-1730 Amazing Dance Danny D 1815-1915 Hatha Yoga I Eddy	7 0645-0745 Yogalates Fanny 1110-1210 Chi-ball Melvin 1600-1700 Yoga Basics Eddy	8 1530-1630 Yoga Stretch Natalie	9 1500-1600 Yoga Stretch Johnny
10 1000-1100 Core training (B) Catherine 1930-2030 Tai-chi Liu Yi-Lin	11 1400-1500 Healing Yoga Pryia 1515-1615 Spinning Ian 1630-1730 Zumba Melvin	12 1630-1730 Pilates (B) Lorance 1800-1900 Spinning Maggie 1930-2030 Tai-chi Hsu Zi Hsia	13 1000-1100 Gentle Yoga Pryia 1630-1730 Amazing Dance Cliff 1815-1915 Hatha Yoga I Eddy	14 0645-0745 Yogalates Fanny 1110-1210 Chi-ball Melvin 1600-1700 Yoga Basics Eddy	15 1530-1630 Hatha Yoga II Fanny	16 1500-1600 Total Body Sculpt (M) Fanny
17 1000-1100 Core training (B) Catherine 1930-2030 Tai-chi Liu Yi-Lin	18 1400-1500 Healing Yoga Pryia 1515-1615 Spinning Ian 1630-1730 Zumba Melvin	19 1630-1730 Pilates (B) Lorance 1800-1900 Spinning Maggie 1930-2030 Tai-chi Hsu Zi Hsia	20 1000-1100 Gentle Yoga Pryia 1630-1730 Amazing Dance Cliff 1815-1915 Hatha Yoga I Eddy	21 0645-0745 Yogalates Fanny 1110-1210 Chi-ball Melvin 1600-1700 Yoga Basics Eddy	22 1530-1630 Yoga Stretch Natalie	23 1500-1600 Total Body Sculpt (M) Fanny
24 1000-1100 Core training (B) Catherine 1930-2030 Tai-chi Liu Yi-Lin	25 1400-1500 Healing Yoga Pryia 1515-1615 Spinning Ian 1630-1730 Zumba Melvin	26 1630-1730 Pilates (B) Lorance 1800-1900 Spinning Maggie 1930-2030 Tai-chi Hsu Zi Hsia	27 1000-1100 Gentle Yoga Pryia 1630-1730 Amazing Dance Cliff 1815-1915 Hatha Yoga I Eddy	28 0645-0745 Yogalates Fanny 1110-1210 Chi-ball Melvin 1600-1700 Yoga Basics Eddy	29 1530-1630 Hatha Yoga II Fanny	30 1500-1600 Total Body Sculpt (M) Fanny
31 1000-1100 Core training (B) Catherine	<ul style="list-style-type: none"> •Please arrive at least 20 minutes prior to class and be in the aerobics room 10 minutes before the class begins. Late students will not be admitted into the class. •Please do not bring your personal belongings into the classroom, including handbags and cell phones. •Please remain silent in the corridor and aerobics room. •A yoga mat will be provided; you are not required to bring your own mat. •Practice on an empty stomach. Try not to eat one-to-two hours before class. •Drink plenty of water before and after the class. •Prior to the class, please inform the instructor of any injuries you may have. 					



CLUB OASIS

綠洲健身中心

台北君悅酒店 GRAND HYATT TAIPEI 台北市11051松壽路二號 2 SongShou Road, Taipei 11051, Taiwan
Phone : +886 2 2720 1234 Fax : +886 2 2720 1111 taipei.grand.hyatt.com