



MEMORIAL DAY WEEKEND CLASSES

Friday, May 24, 2019

6:45am-8:00am – Vinyasa Yoga (MP Room)
10:00am-11:20am – Vinyasa Yoga (Studio)
11:30am-12:30pm – Beginner's Pilates Mat (MP Room)

Saturday, May 25, 2019

9:00am-9:55am – Tai Chi (Studio)
12:10pm-1:30pm – Vinyasa Yoga (MP Room)

Sunday, May 26, 2019

10:00am-11:30am – Vinyasa Yoga (Studio)

Monday, May 27, 2019

9:00am-10:00am – Tai Chi (Gym 1)
11:15am-12:15pm – Pilates Mat (MP Room)

Group Exercise Classes will resume back to regular schedule on Tuesday, May 28, 2019.

OPERATION HOURS

FRIDAY, MAY 24 – 6:00AM-11:00PM

SATURDAY, MAY 25 – 7:00AM-9:00PM

SUNDAY, MAY 26 – 7:00AM-8:00PM

MONDAY, MAY 27 – 7:00AM-8:00PM



紀念日 週末課程

星期五, 5月24日, 2019

6:45am-8:00am – Vinyasa Yoga (多用途室)
10:00am-11:20am – Vinyasa Yoga (排舞室)
11:30am-12:30pm – Beginner's Pilates Mat (多用途室)

星期六, 5月25日, 2019

9:00am-9:55am – Tai Chi (排舞室)
12:10pm-1:30pm – Vinyasa Yoga (多用途室)

星期日, 5月26日, 2019

10:00am-11:30am – Vinyasa Yoga (排舞室)

星期一, 5月27日, 2019

9:00am-10:00am – Tai Chi (健身房 1)
11:15am-12:15pm – Pilates Mat (多用途室)

小組運動課程將於 2019 年 5 月 28 日星期二恢復到正常時間表。

開放時間

星期五, 5月24日 – 6:00AM-11:00PM
星期六, 5月25日 – 7:00AM-9:00PM
星期日, 5月26日 – 7:00AM-8:00PM
星期一, 5月27日 – 7:00AM-8:00PM