



本中心禁止攜帶手機及私人物品進入教室，感謝您的支持與配合。

- (B): Beginner 初級課程 (適合從未接觸或對該課程仍生疏之會員)
● (M): Middle 中級課程 (適合對課程有部份基礎、但未熟練之會員)
● (I): Intermediate 中級課程 (適合對於該課程了解並欲挑戰變化之會員)
● (A): Advanced 進階課程 (適合對於該課程已熟練並追求精進之會員)

Aerobic Studio A

Table with 8 columns (A教室, Mon (4/22), Tue (4/23), Wed (4/24), Thu (4/25), Fri (4/26), Sat (4/27), Sun (4/28)) and 8 rows of class schedules including ZUMBA, BODYCOMBAT, and various fitness classes.

Spinning Studio B

Table with 8 columns (B教室, Mon (4/22), Tue (4/23), Wed (4/24), Thu (4/25), Fri (4/26), Sat (4/27), Sun (4/28)) and 4 rows of Spinning Studio B class schedules.

Yoga Studio C

Table with 8 columns (C教室, Mon (4/22), Tue (4/23), Wed (4/24), Thu (4/25), Fri (4/26), Sat (4/27), Sun (4/28)) and 8 rows of Yoga Studio C class schedules including Hatha Yoga, Pilates, and Yin Yoga.

◆ 上課注意事項: 本課表為預定課程, 本中心保留變更師資與課程內容的權利, 請會員隨時注意課程變動的最新訊息. Includes QR codes for app download and contact information.