

# ONLINE 樂活網課時間表 CLASS SCHEDULE



Effective from 28 June 2022

	7.00am-8.00am	8.30am - 9.30am	6.30pm-7.30pm
MONDAY	CLOSE		CLOSE
TUESDAY	VINYASA KEN YANG		DEEP STRETCH KEN YANG
WEDNESDAY	VINYASA KEN YANG		VINYASA KEN YANG
THURSDAY	ASHTANGA INTRO KEN YANG		DEEP STRETCH KEN YANG
FRIDAY	VINYASA KEN YANG		VINYASA KEN YANG
SATURDAY		DEEP STRETCH KEN YANG	
SUNDAY		CLOSE	

01. 請下載 Zoom App
02. 預約課程 WhatsApp 匯芝 012-6742964
03. 確定預約會傳送會議號碼、密碼和上課條例
04. 沒預約或名字不符合，不允許登入
05. 超過15分鐘沒登入已錯過熱身，當天不被批准進入
06. 鏡頭須全程開著，方便老師檢查調整學生姿勢，請別任意離開瑜伽墊
07. 配套允許一人使用，被發現將額外收取費用以示公平
08. 每堂課沒提供影片回放服務

01. Please download the Zoom App in advance.
02. Please reserve your class slot by Whatsapp to HuiZhi 012-6742964.
03. The meeting ID, password and the Notes of Reminders will be sent to all confirmed reservation.
04. For non-reservation or unverified names will not be allowed to enter the meeting.
05. For late comers more than 15 minutes that miss the warm up session will also not allow to enter the meeting.
06. Keep your camera on at all times so teacher could check your position accordingly. Do not simply leave your yoga mat.
07. Promotional package are limited to One person usage. Otherwise extra payment is required for additional learners.
08. Playback of every class is not available.

#### CONTACT

匯芝 012 - 6742964

#### FACEBOOK / INSTAGRAM

SIMPLYLIFE YOGA 樂活瑜珈生活館

#### EMAIL

SLIFEYOGA@HOTMAIL.COM

#### WEBSITE

SIMPLYLIFEYOGA.COM