



# December 2025

## Class Schedule

MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五	SAT 星期六	SUN 星期日
	7:15-8:15 Vinyasa 流動瑜伽 (5 credits) Tiffany L	7:00-8:00 Core & Arms 核心與上肢 (5 credits) Denize C	7:00-8:00 Mat Pilates: Full Body Sculpt 普拉提·全身塑形 (5 credits) Tiffany L	7:15-8:15 Hip Mobility Flow 髋關節鬆解流 (5 credits) Carrie L	9:00-10:00 Hip Mobility Flow 髋關節鬆解流 (5 credits) Denize C	09:15-10:15 Neck & Shoulder 肩頸伸展 (5 credits) Hazel C
MORNING 早上	8:30-9:15 Wunda Chair Pilates   Back & Posture 美背普拉提 (10 credits) Tiffany L		8:15-9:00 Wunda Chair Pilates   Sculpted Hips & Legs 蜜桃臀與美腿 (10 credits) Tiffany L	10:30-11:15 Circuit Equipment Pilates (10 credits) Tiffany L	10:30-11:15 Wunda Chair Pilates   Full Body Sculpt 全身塑形 (10 credits) Tiffany L	1:30-11:30 Front Splits 一字馬 (5 credits) Hazel C
	10:00 Posture Wellness Special Promotion Starting from \$480 Tiffany L	11:00 Posture Wellness Special Promotion Starting from \$480 Tiffany L	11:30-12:15 Wunda Chair Pilates   Fab(ulous) Abs 完美腹肌 (10 credits) Tiffany L	10:00 Posture Wellness Special Promotion Starting from \$480 Tiffany L	11:30 Posture Wellness Special Promotion Starting from \$480 Tiffany L	11:45-12:45 Beginner Back Bend 後彎·初階 (5 credits) Carrie L
Lunch 午餐	12:30-13:30 Gentle Stretch w/ Singing Bowl 頌頌·伸展 (5 credits) Tiffany L	12:30-13:30 Wheel Yoga: Heart Opening 輪瑜伽·打開心扉 (5 credits) Zita K	12:30-13:30 Yoga Balance 瑜伽·平衡 (5 credits) Tiffany L	12:30-13:30 Deep Stretch 深度·伸展 (5 credits) Cheryl N	12:30-13:30 Detox Yoga 排毒瑜伽 (5 credits) Cheryl N	15:00-15:45 TRX (5 credits) Denize C
Afternoon				17:45-18:30 Wunda Chair Pilates   Back & Posture 美背普拉提 (10 credits) Tiffany L	16:00-17:00 Pincha Mayurasana (前臂倒立) (5 credits) Denize C	14:30-15:15 Wunda Chair Pilates   Fab(ulous) Abs 完美腹肌 (10 credits) Tiffany L
Evening 晚上	18:30-19:30 Gentle Flow & Sound Healing 溫和流動·聲音療癒 (5 credits) Tiffany W	18:45-19:30 Circuit Equipment Pilates (10 credits) Tiffany L	18:30-19:30 Beginner Mat Pilates 初階 普拉提 (5 credits) Tiffany W	18:45-19:30 HIIT (45mins) 高強度間歇訓練 (5 credits) Denize C		15:30-16:15 Circuit Equipment Pilates (10 credits) Tiffany L
	19:45-20:45 Mat Pilates   Full Body Sculpt 普拉提·全身塑形 (5 credits) Tiffany W	19:45-20:30 Wunda Chair Pilate   Full Body Sculpt 全身塑形 (10 credits) Tiffany L	19:45-20:30 Wunda Chair Pilates   Sculpted Hips & Legs 蜜桃臀與美腿 (10 credits) Tiffany L	19:45-20:45 Deep Stretch 深度·伸展 (5 credits) Denize C		

### Remarks 備註

Please refer to our booking system or IG for Special scheule on the following dates:

- Holiday schedule on 25th (Thu), 26th (Fri); Early Closure on 22nd (Mon), 24th (Wed) and 31st (Wed)
- Friday classes will be suspended in December, resume from January

### How to choose a class ? 如何選擇課堂？

Follow your heart and choose from the 4 pillars of Omni Classes  
按照你的身心需要從 4 大課堂支柱中挑選

Restore 放鬆  
Align 正姿  
Sculpt 塑身  
High Intensity 高強度

### How to get started ? 如何參加練習？

Purchase a Trial Offer to get started  
選購體驗優惠，開展健康旅程：  
Our Trial Passes 體驗通行證  
(5 credits) Group Classes  
\$325 / 2 classes in 10 days  
(2堂10天有效)

(10 credits) Wunda Chair Classes  
\$325 /class in 10 days (1堂10天有效)

### How to purchase ? 如何購買？

Purchase online or WhatsApp  
於官網直接購買或聯絡客服  
Online purchase 線上購買  
<https://www.omniyogahk.com/>  
WhatsApp 聯絡客服 6888-9331  
FPS 105198899 [Omni Yoga & Pilates]

### Private Class Promotion 私人課堂推廣

Private Class Trial  
\$880 / 1-to-1; \$1,080 / 1-to-2  
Credits for Privates  
(1:1 = 32; 1:2 = 18@; 1:3 = 14@; 1:4 = 12@)

### Credit Package 點數套票

Activate from Purchase  
Date  
購買日啟用



## OMNI YOGA & PILATES

1403, 14/F, Keen Hung Commercial Building, 80 Queen's Road East, Wan Chai (5 Minutes Walk from Admiralty Station Exit F)  
灣仔皇后大道東80號堅雄商業大廈14樓03室 (港鐵金鐘站F出口步行5分鐘)

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Instagram @omni.yogapilates / FaceBook @omni.yogapilates