

Kids Dance (Aged 4-7)
Dance (Youth/Adult)
Fitness
Yoga
Enjoyce's Yoga

Class WhatsApp

98475540

Follow & Subscribe Us



[FW Website](#)



[FW Facebook](#)



[FW Instagram](#)



[FW YouTube](#)

	Time	Class	By
MON	1900 - 2000	Yoga Stretch	April Chung
MON	1900 - 2000	Yoga Level 1*	June
MON	2000 - 2100	Shoulder & Chest Flexibility	April Chung

	Time	Class	By
TUE	1800 - 1900	Beginner Yoga	Coei Kwan
TUE	1900 - 2000	Fitness Dance	Eriko
TUE	2000 - 2100	Slim Yoga	Coei Kwan

	Time	Class	By
WED	1700 - 1800	Jazz Funk	Misuki
WED	1800 - 1900	Kids Dance	Misuki
WED	1900 - 2000	Beginner Yoga	Katie Chen
WED	1900 - 2000	Tabata & Stretching	Maggie
WED	1900 - 2000	Fitness Dance*	Misuki
WED	2000 - 2100	Happy Hip & Lower Back	Kaie Chen

	Time	Class	By
THU	1900 - 2000	Hand Balance	Eriko
THU	1900 - 2000	Slim Yoga	Michelle Leung
THU	2000 - 2100	Hatha Basic	Michelle Leung

	Time	Class	By
FRI	1700 - 1800	Kids Dance	Maggie
FRI	1900 - 2000	Jazz Funk	Maggie
FRI	1900 - 2000	Fitness Dance	Eriko
FRI	1900 - 2000	Shoulder & Chest Flexibility	Coei Kwan
FRI	2000 - 2100	Hatha Yoga	Coei Kwan

	Time	Class	By
SAT	1100 - 1200	Kids Dance	Maggie
SAT	1200 - 1300	Hip Hop Jazz Funk	Maggie
SAT	1200 - 1300	Fitness Dance	Eriko
SAT	1200 - 1300	Beginner Yoga	Natalie Cheung
SAT	1315 - 1415	Happy Hip & Lower Back	Natalie Cheung
SAT	1600 - 1700	Hip Hop Jazz Funk	Eriko
SAT	1700 - 1800	Breaking	Eriko

	Time	Class	By
SUN	1000 - 1100	Hatha Basic	Coei Kwan
SUN	1130 - 1230	Stretch Yoga	Coei Kwan