

Certificate in Yoga Teacher Training 瑜珈導師訓練證書
HS234A / 2385

| No. | Date | Friday | Sunday |
|--------------|------------|--------|---------|
| | | 7-10pm | 9am-6pm |
| 1 | 22/05/2026 | 3 | |
| Holiday | 24/05/2026 | | 0 |
| 2 | 29/05/2026 | 3 | |
| 3 | 31/05/2026 | | 8 |
| 4 | 05/06/2026 | 3 | |
| 5 | 07/06/2026 | | 8 |
| 6 | 12/06/2026 | 3 | |
| 7 | 14/06/2026 | | 8 |
| Holiday | 19/06/2026 | 0 | |
| Holiday | 21/06/2026 | | 0 |
| 8 | 26/06/2026 | 3 | |
| 9 | 28/06/2026 | | 8 |
| 10 | 03/07/2026 | 3 | |
| 11 | 05/07/2026 | | 8 |
| Holiday | 10/07/2026 | 0 | |
| 12 | 12/07/2026 | | 8 |
| 13 | 17/07/2026 | 3 | |
| 14 | 19/07/2026 | | 8 |
| 15 | 24/07/2026 | 3 | |
| 16 | 26/07/2026 | | 8 |
| 17 | 31/07/2026 | 3 | |
| 18 | 02/08/2026 | | 8 |
| 19 | 07/08/2026 | 3 | |
| 20 | 09/08/2026 | | 8 |
| 21 | 14/08/2026 | 3 | |
| 22 | 16/08/2026 | | 8 |
| 23 | 21/08/2026 | 3 | |
| 24 | 23/08/2026 | | 8 |
| 25 | 28/08/2026 | 3 | |
| 26 | 30/08/2026 | | 8 |
| 27 | 04/09/2026 | 3 | |
| 28 | 06/09/2026 | | 8 |
| 29 | 11/09/2026 | 3 | |
| 30 | 13/09/2026 | | 8 |
| 31 | 18/09/2026 | 3 | |
| 32 | 20/09/2026 | | 8 |
| Holiday | 25/09/2026 | 0 | |
| 33 | 27/09/2026 | | 8 |
| 34 | 02/10/2026 | 3 | |
| 35 | 04/10/2026 | | 8 |
| 36 | 09/10/2026 | 3 | |
| 37 | 11/10/2026 | | 8 |
| 38 | 16/10/2026 | 3 | |
| 39 | 18/10/2026 | | 8 |
| 40 | 23/10/2026 | 3 | |
| 41 | 25/10/2026 | | 8 |
| 42 | 30/10/2026 | 3 | |
| 43 | 01/11/2026 | | 8 |
| 44 | 06/11/2026 | 3 | |
| 45 | 08/11/2026 | | 8 |
| 46 | 13/11/2026 | 3 | |
| 47 | 15/11/2026 | | 8 |
| 48 | 20/11/2026 | 3 | |
| 49 | 22/11/2026 | | 6 |
| 後備日 | 27/11/2026 | 0 | |
| 後備日 | 29/11/2026 | | 0 |
| 後備日 | 04/12/2026 | 0 | |
| 實習課 | | 30 | |
| Total hours: | | 300 | |

Time: 7pm-10pm (Fri), every Friday
9am-6pm (Sun), every Sunday

Venue: 1101 Sports Lab, 11/F
Island East Campus
494 King's Road, North Point,
Hong Kong

(09:00-16:00)