Schedule for Cyberport Tenants Activities - Yoga Classes (Jan 2017 - Mar 2017)

Tenant Activities	Company	Instructor Profile	Description	Date	Venue	Day	Lesson	Time	Expected participants	Course Fee	Remarks
Elementary Yoga Class - Monday Afternoon	Hong Kong Youth Sports Assocation Limtied	A qualified teacher from Hong Kong Youth Sports Assocation Limtied with certificates and experience (Tutor: Ms. Lam Kit Yu)	Foundation techniques of Yoga will be taught in the elementary class.	Jan 16, 23 Feb 6, 13, 20, 27 Mar 6, 13, 20, 27	Unit 1006, Cyberport 1	Monday	10	12:45pm - 13:45pm	22 at each time period	**HK$580 /** participant / 10 lessons (including Yoga mat)	For each class, at least a number of 20 participants is required
Elementary Yoga Class - Thursday Afternoon	Hong Kong Youth Sports Assocation Limtied	A qualified teacher from Hong Kong Youth Sports Assocation Limtied with certificates and experience (Tutor: Ms. Tsang Yuk Fung)	Foundation techniques of Yoga will be taught in the elementary class.	Jan 19, 26 Feb 2, 9, 16, 23 Mar 2, 9, 16, 23	Unit 1006, Cyberport 1	Thursday	10	12:45pm - 13:45pm	22 at each time period	**HK$580 /** participant / 10 lessons (including Yoga mat)	For each class, at least a number of 20 participants is required
Elementary Yoga Class - Friday Afternoon	Hong Kong Youth Sports Assocation Limtied	A qualified teacher from Hong Kong Youth Sports Assocation Limtied with certificates and experience (Tutor: Ms. Lam Kit Yu)	Foundation techniques of Yoga will be taught in the elementary class.	Jan 20 Feb 3, 10, 17, 24 Mar 3, 10, 17, 24, 31	Unit 1006, Cyberport 1	Friday	10	12:45pm - 13:45pm	22 at each time period	**HK$580 /** participant / 10 lessons (including Yoga mat)	For each class, at least a number of 20 participants is required