PRACTICE on MINDBODY app



The practice shatin

Sha Tin, New Territories

- Class opens for booking 5 days in advance
- Booking system opens 9am to 10pm daily

Please feel free to contact us for direct service :)

NEW STUDENT (BOOK A TRIAL)

- Create an account
- Book a class & we will contact you

PACKAGE STUDENT

- Login with contact email & create own password
- Your purchased package shows on your profile



- Add our studio to your favorites
- See our schedule easily on your list



• Cancellation policy applies within 4 hours prior to the class start time

Room 507, 5/F, Corporation Park, 11 On Lai Street, Shek Mun, Shatin, N.T www.thepracticegroup.com