

Monday 星期一

Zumba 尊巴舞

Nirvana Fitness 正念有氧操

(1st Monday Monthly) Karaoke 卡拉OK

(2nd Monday Monthly) Porcelain Painting
瓷器绘画

Tuesday 星期二

Dayan Qigong 气功

Sewing 缝纫班

Yoga 瑜伽

Wednesday 星期三

Yoga 瑜伽

Restorative (Relaxation Class) 恢复班

Choir Class 歌唱班

Zumba/Salsation 尊巴舞

Thursday 星期四

Art Class 美术课

Strummers in the Pink (Ukulele) 尤克里里

Sewing 缝纫班

Friday 星期五

Piloxing 普拉提健身舞

(1st Friday Monthly) Crochet Class 针织班

Saturday 星期六

BCF Paddlers in the Pink (Dragon boat) 划龙舟

Time 时间

10.00 am – 11.00 am

11.15 am – 12.15 pm

1.00 pm – 4.00 pm

1.00pm – 5.00 pm

10.30 am – 11.30 am

2.00 pm – 4.00 pm

7.00 pm – 8.30 pm

10.00 am – 11.00 am

11.10am – 12.10 pm

1.00 pm – 2.00 pm

7.00 pm – 8.00 pm

10.00 am – 11.30 am

2.00 pm – 4.00 pm

7.00 pm – 9.00 pm

9.30am – 10.30am

2.00pm – 4.00pm

7.30 am – 10.00 am