

Monday 星期一

Zumba 尊巴舞	10.00 am – 11.00 am
Nirvana Fitness 正念有氧操	11.15 am – 12.15 pm
Karaoke 卡拉OK	1.00 pm – 4.00 pm
Porcelain Painting 瓷器绘画	1.00pm – 5.00 pm

Tuesday 星期二

Dayan Qigong 气功	10.30 am – 11.30 am
Sewing 缝纫班	1.00 pm – 2.30 pm
Yoga 瑜伽	7.00 pm – 8.30 pm

Wednesday 星期三

Yoga 瑜伽	10.00 am – 11.00 am
(NEW!) Restorative (Relaxation Class) 恢复班	11.10am – 12.10 pm
Choir Class 歌唱班	1.00 pm – 2.00 pm
Zumba/Salsation 尊巴舞	7.00 pm – 8.00 pm

Thursday 星期四

Art Class 美术课	10.00 am – 11.30 am
Strummers in the Pink (Ukulele) 尤克里里	2.00 pm – 4.00 pm
(NEW!) Sewing 缝纫班	7.00 pm – 9.00 pm

Friday 星期五

(NEW!) Piloxing 普拉提健身舞	10.00am – 11.15am
(NEW!) Crochet Class 针织班	2.00pm – 4.00pm

Saturday 星期六

BCF Paddlers in the Pink (Dragon boat) 划龙舟	7.30 am – 10.00 am
--	--------------------