

	Monday 星期一	Time 时间
	Zumba 尊巴舞	10.00 am – 11.00 am
	Nirvana Fitness 正念有氧操	11.15 am – 12.15 pm
	(1 <sup>st</sup> Monday Monthly) Karaoke 卡拉OK	1.00 pm – 4.00 pm
	(2 <sup>nd</sup> Monday Monthly) Porcelain Painting 瓷器绘画	1.00pm – 5.00 pm
	<b>Tuesday 星期二</b>	
	Dayan Qigong 气功	10.30 am – 11.30 am
	Yoga 瑜伽	7.00 pm – 8.30 pm
	<b>Wednesday 星期三</b>	
	Yoga 瑜伽	10.00 am – 11.00 am
	Restorative (Relaxation Class) 恢复班	11.10am – 12.10 pm
	Choir Class 歌唱班	1.00 pm – 2.00 pm
	(NEW) KpopX Fitness+Masala Bhangra Workout 舞蹈健身	2.30 pm – 3.30 pm
	Zumba/Salsation 尊巴舞	7.00 pm – 8.00 pm
	<b>Thursday 星期四</b>	
	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
	<b>(NEW!)</b> Tahiti Dance 大溪地舞	5.00 pm – 6.00 pm
	Sewing (Day) 缝纫班	5.00 pm – 7.00 pm
	Sewing (Night) 缝纫班	7.00 pm – 9.00 pm
	<b>Friday 星期五</b>	
	Piloxing 普拉提健身舞	9.30 am – 10.30 am
	<b>(NEW!)</b> Sound Stretch 音-伸展运动	11.00 am – 12.00 pm
	<b>(NEW!)</b> Bollywood Cardio 宝莱坞有氧运动	12.30 pm – 1.30 pm
	<b>(NEW!)</b> Belly Dance 肚皮舞	2.00 pm – 3.00 pm
	(1 <sup>st</sup> Friday Monthly) Crochet Class 针织班	2.00 pm – 4.00 pm
	<b>Saturday 星期六</b>	
	BCF Paddlers in the Pink (Dragon boat) 划龙舟	7.30 am – 10.00 am