

**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

**Tuesday 星期二**

Dayan Qigong 气功

10.30 am – 11.30 am

Sewing 缝纫班

2.00 pm – 4.00 pm

Yoga 瑜伽

7.00 pm – 8.30 pm

**Wednesday 星期三**

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

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

Sewing 缝纫班

7.00 pm – 9.00 pm

**Friday 星期五**

Piloxing 普拉提健身舞

9.30am – 10.30am

**(1<sup>st</sup> Friday Monthly)** 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