

	Time 时间
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
(1 st Monday Monthly) Karaoke 卡拉OK	1.00 pm – 4.00 pm
(2 nd 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
Chair Yoga 瑜伽	12.00pm – 1.00pm
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	1.30 pm – 2.30 pm
KpopX Fitness 韩流舞蹈	2.30 pm – 3.30 pm
Sewing (Day) 缝纫班	3.30 pm – 5.30 pm
Salsation Fitness 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	2.30 pm – 4.30 pm
(NEW!!) Fusion Fitness 融合健身班	6.30 pm – 7.30pm
Sewing (Night) 缝纫班	7.00 pm – 9.00 pm
Friday 星期五	
Piloxing 普拉提健身舞	9.30 am – 10.30 am
Sound Stretch 音-伸展运动	11.00 am – 12.00 pm
Bollywood Cardio 宝莱坞有氧运动	12.45 pm – 1.45 pm
Belly Dance 肚皮舞	2.00 pm – 3.00 pm
(1 st Friday Monthly) Crochet Class 针织班	2.00 pm – 4.00 pm
Saturday 星期六	
BCF Paddlers in the Pink (Dragon boat) 划龙舟	7.30 am – 10.00 am