



CIRCUIT TRAINING

循環訓練



SCAN FOR MORE CLASSES
請掃描查找更多興趣班資訊

1, 8, 15, 22 & 29 JUNE MON 星期一

POWER AFTER DARK 夜間活力訓練	CC260611B	晚上7:00PM - 晚上8:00PM	\$975
	CC260612B	晚上8:00PM - 晚上9:00PM	

3, 10, 17 & 24 JUNE WED 星期三

MORNING BOOST 晨間動力訓練	CC260621B	早上9:00AM - 早上10:00AM	\$780
	CC260622B	早上10:00AM - 早上11:00AM	

2, 9, 16, 23 & 30 JUNE TUE 星期二

DAYTIME BURN 日間燃脂訓練	CC260631P	下午2:00PM - 下午3:00PM	\$975
	CC260632P	下午3:00PM - 下午4:00PM	

6, 13, 20 & 27 JUNE SAT 星期六

RISE & MOVE 醒動啟程訓練	CC260641P	早上8:30AM - 早上9:30AM	\$780
	CC260642P	早上9:30AM - 早上10:30AM	

Recreation Room,
Club Bel-Air Bay Wing
灣畔會所康體活動室

Aerobics Room,
Club Bel-Air Peak Wing
朗峰會所健康舞室

人數 CAPACITY: 6-10

年齡 AGE: 18+

For further information or enrollment, please contact Club Bel-Air Reception at Bay Wing (2989 9000) / Peak Wing (2989 6500). Photos are for reference only.

如有查詢或報名，歡迎致電貝沙灣灣畔會所(2989 9000)或朗峰會所(2989 6500)。圖片只供參考。

