

Find Your Inner Peace

尋覓內在的寧靜



加入**太極**課程，在體驗平衡與寧靜的同時提升身心健康。

Join the **TAI CHI** class to experience balance and tranquility while improving your physical and mental well-being.

TAI CHI 太極

Multi-Purpose Room – Club Bay Wing 灣畔會所多用途活動室		\$645	18+	4-8 PAX 位
TC261011 Intermediate 中班	5, 12, 26 OCT 星期一 MON	早上8:00am-早上9:00am		
TC261021 Beginner 初班		早上9:00am-早上10:00am		
Aerobics Room – Club Peak Wing 朗峰會所健康舞室		\$860		
TC261012 Intermediate 中班	7, 14, 21, 28 OCT 星期三 WED	早上8:00am-早上9:00am	18+	4-8 PAX 位
TC261022 Beginner 初班		早上9:00am-早上10:00am		

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.

報名或查詢，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。



貝沙灣