CIRCUIT TRAINING

循環訓練

JOIN NOW

7,14,21,28 DEC MON 星期一			
POWER AFTER DARK 夜間活力訓練	CC261211B	晚上7:00PM - 晚上8:00PM	$780
	CC261212B	晚上8:00PM - 晚上9:00PM	
2,9,16,23,30 DEC WED 星期三			
MORNING BOOST 晨間動力訓練	CC261021B	早上9:00AM - 早上10:00AM	$975
	CC261022B	早上10:00AM - 早上11:00AM	

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

1,8,15,22,29 DEC TUE 星期二			
DAYTIME BURN 日間燃脂訓練	CC261231P	下午2:00PM - 下午3:00PM	$975
	CC261232P	下午3:00PM - 下午4:00PM	
5,12,19 DEC SAT 星期六			
RISE & MOVE 醒動啟程訓練	CC261241P	早上8:30AM - 早上9:30AM	$585
	CC261242P	早上9:30AM - 早上10:30AM	

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







人數CAPACITY: 6-10

年齡 AGE: 16+

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。

Bel-Air ISLAND SOUTH 貝沙灣