

DETAILED GROUP CLASS INFO

CHILDREN RECREATION

兒童康樂

ENQUIRIES: 2966 1304(SPORTS COMPLEX)

TAEKWONDO 跆拳道

CODE	DAY&TIME	FEE
CE1	SAT 4:00PM – 5:00PM	\$980 PER 4 LESSONS
CE2	SAT 6:00PM – 7:00PM	\$980 PER 4 LESSONS
CE3	SAT 5:00PM – 6:00PM	\$980 PER 4 LESSONS
CE4	FRI 6:00PM – 7:00PM	\$980 PER 4 LESSONS

GYMNASTICS 兒童體操

CODE	DAY&TIME	FEE
GC1(AGE3-5)	THU 4:15PM – 5:00PM	\$810 PER 4 LESSONS
GC2(AGE6-12)	THU 5:00PM – 6:00PM	\$1,020 PER 4 LESSONS

^Additional 20% of the lesson fees will be charged for guest enrollments

來賓報名需額外收取20%的課程費用

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CLASS ACTIVITIES

志趣相投

ENQUIRIES: 2966 1304(SPORTS COMPLEX)

CHINESE POP SINGING 粵語流行曲歌唱班

CODE	DAY&TIME	FEE
SP1	FRI 2:00PM – 3:30PM	\$1,660 PER 4 LESSONS
SP2	FRI 12:15PM – 1:45PM	\$1,660 PER 4 LESSONS
SP4	WED 1:00PM – 2:30PM	\$1,660 PER 4 LESSONS
SP6	TUE 2:30PM – 4:00PM	\$1,660 PER 4 LESSONS

MANDARIN & ENGLISH SINGING CLASS 國語及英文歌唱班

CODE	DAY&TIME	FEE
ME1	TUE 1:00PM – 2:30PM	\$1,460 PER 4 LESSONS

CHINESE CALLIGRAPHY 中國書法班

CODE	DAY&TIME	FEE
AW1	THU 2:00PM – 4:00PM	\$1,420 PER 4 LESSONS
AW2	THU 4:30PM – 6:30PM	\$1,420 PER 4 LESSONS

PENCIL SKETCHING & WATER COLORING 素描及水彩畫班

CODE	DAY&TIME	FEE
PS1	FRI 1:00PM – 4:00PM	\$1,272 PER 4 LESSONS

FLORAL ARRANGEMENT 插花班

CODE	DAY&TIME	FEE
FA2	WED 10:00AM – 11:00AM	\$4,060 PER 4 LESSONS

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FIT FOR LIFE

健康人生

ENQUIRIES: 2966 1304(SPORTS COMPLEX)

STRETCHING THERAPY 筋骨伸展班

CODE	DAY&TIME	FEE
ST1(INTERMEDIATE)	THU 10:15AM – 11:30AM	\$1,060 PER 4 LESSONS
ST2(BEGINNER)	THU 11:35AM – 12:35PM	\$850 PER 4 LESSONS
ST3(ONLY 60 ABOVE)	TUE 10:10AM – 11:10AM	\$850 PER 4 LESSONS

FITBALL 健美球

CODE	DAY&TIME	FEE
FB1	SAT 10:00AM - 11:00AM	\$650 PER 4 LESSONS
FB2	TUE 4:30PM – 5:30PM	\$650 PER 4 LESSONS

CORE 核心訓練

CODE	DAY&TIME	FEE
CO1(CORE COMBO)	SAT 10:45AM – 12:15PM	\$1,150 PER 4 LESSONS
CO3(CORE FITNESS)	WED 9:00AM – 10:00AM	\$810 PER 4 LESSONS

AEROBICS 健康舞

CODE	DAY&TIME	FEE
CA1	TUE&THU 9:00AM – 10:00AM	\$860 PER 8 LESSONS

PRO-SLIM FITNESS 纖體健身

CODE	DAY&TIME	FEE
CA2	TUE&THU 2:45PM – 4:00PM	\$960 PER 8 LESSONS

COMBINATION 綜合

CODE	DAY&TIME	FEE
YPB1	WED 2:00PM – 3:30PM	\$1,000 PER 4 LESSONS
YPB2	MON 1:20PM – 2:35PM	\$830 PER 4 LESSONS

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MARTIAL ARTS

武藝人生

ENQUIRIES: 2966 1304(SPORTS COMPLEX)

TAI CHI 太極

CODE	DAY&TIME	FEE
CC2(INTERMEDIATE)	TUE&FRI 8:00PM – 9:30PM	\$1,110 PER 8 LESSONS
CC3(INTERMEDIATE)	MON 11:15AM – 12:15PM	\$380 PER 4 LESSONS
CC4(INTERMEDIATE)	FRI 11:10AM – 12:10PM	\$380 PER 4 LESSONS
CC5(BEGINNER)	THU 1:15PM – 2:15PM	\$380 PER 4 LESSONS
CC8(INTERMEDIATE)	FRI 10:10AM – 11:10AM	\$380 PER 4 LESSONS
CC10(BEGINNER)	WED 12:30PM – 1:30PM	\$380 PER 4 LESSONS
CC11(INTERMEDIATE)	WED 10:00AM – 11:00AM	\$380 PER 4 LESSONS
CC12(INTERMEDIATE)	MON 10:00AM – 11:00AM	\$380 PER 4 LESSONS
CC14(INTERMEDIATE)	TUE&WED 6:30PM – 7:30PM	\$600 PER 4 LESSONS

FITNESS EXERCISE 太極 (形態操)

CODE	DAY&TIME	FEE
CC6	MON 12:15PM – 1:15PM	\$380 PER 4 LESSONS

YOGA 瑜伽

CODE	DAY&TIME	FEE
CY3(INTERMEDIATE)	WED 10:10AM – 11:10AM	\$380 PER 4 LESSONS
CY4(INTERMEDIATE)	WED 11:15AM – 12:30PM	\$480 PER 4 LESSONS
CY8(BEGINNER)	MON 7:45PM – 9:15PM	\$560 PER 4 LESSONS
CY10(BEGINNER)	SAT 2:00PM – 3:30PM	\$560 PER 4 LESSONS

BADUANHIN QIGONG 八段錦氣功

CODE	DAY&TIME	FEE
QG3	SAT 9:35AM – 10:35AM	\$730 PER 4 LESSONS
QG4	SAT 11:15AM – 12:15PM	\$730 PER 4 LESSONS

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FOOTLOOSE 傾情舞集

ENQUIRIES: 2966 1304(SPORTS COMPLEX)

LINE DANCING 排排舞

CODE	DAY&TIME	FEE
LD1(INTERMEDIATE)	MON 4:00PM – 5:00PM	\$560 PER 4 LESSONS
LD3(ADVANCED)	TUE 6:00PM – 7:00PM	\$560 PER 4 LESSONS
LD4(ADVANCED)	FRI 5:00PM – 6:00PM	\$560 PER 4 LESSONS
LD5(BEGINNER)	FRI 6:00PM – 7:00PM	\$560 PER 4 LESSONS

LATIN DANCING 拉丁舞

CODE	DAY&TIME	FEE
LAD1	WED 3:30PM – 5:00PM	\$980 PER 4 LESSONS

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