

Recreational Class Plan 2022 興趣班課程計劃 2022

January	July
Seminar on Adult Healthcare 西醫成人保健講座	Rock Climbing 攀石班
Breathing and Structural Realignment Exercise 呼吸、拉伸運動及結構調整練習	Iyengar Yoga – Basic Introduction 艾揚格瑜珈 – 基礎體驗
February	August
Feng Shui for Home Workshop 家居風水講座	TRX Basic Introduction TRX懸吊訓練基礎體驗
Golf 高爾夫球	U-Bound Experience 彈床活力蹦跳體驗
March	September
Dining Etiquette Class 餐桌禮儀班	Diet and Nutrition Class 飲食與營養學
Coffee Brewing Workshop 手沖咖啡班	Daily Car Maintenance 車輛日常保養
April	October
Seminar on Seasonal Healthcare with Chinese Medicine and Cuisines 中醫季節保養講座	Porcelarts Trial Course 皇家陶瓷彩繪體驗班
Oil Painting Experience Class 油畫體驗班	Plum Wine Making 梅子酒釀製
May	November
Festive Floral Art and Gifts 節日溫馨花藝	Tea Appreciation 茶藝評鑑
Ukulele 夏威夷小結他	Craft Aroma Stone with Dried Flower 燥花擴香石製作
June	December
Powerstep 力量踏板運動	Craft Cocktail Workshop 手調雞尾酒工作坊
Western Cuisine Class 西餐烹飪班	Custom Perfume Workshop 香水工作坊

Note: The delivery of the interest class is subject to the availability of the instructors and other factors.
註: 以上興趣班最終成班與否須視乎導師及其他因素的配合。


