

Recreational Class Plan 2023

興趣班課程計劃 2023

| January | July |
|---|---|
| Immersive Gym Workout Trial Class 智能化沉浸式健身體驗 | Pilates 普拉提 |
| Chinese Medicine and Healthcare 養生及中醫保健 | Plum Wine Making 梅子酒釀製 |
| February | August |
| Macau Beer Factory Visit 澳門啤酒廠參觀 | Craft Aroma Stone with Dried Flower 乾燥花擴香石製作 |
| Coffee Tasting and Experience Workshop 咖啡品嘗及體驗班 | Bowling 保齡球 |
| March | September |
| Breathing and Structural Realignment Exercise 呼吸、拉伸運動及結構調整練習 | Lyre Sound Relaxation & Appreciation Workshop 萊雅琴聲放鬆音樂體驗 |
| Oil Painting Experience Class 油畫體驗班 | Daily Car Maintenance 車輛日常保養 |
| April | October |
| Step Aerobics X Tabata 有氧踏板操 X Tabata | Archery Class 射箭班 |
| Little Garden Workshop 小房子生態瓶工作坊 | Seminar on Chronic Pain and Physiotherapy 慢性疼痛與物理治療講座 |
| May | November |
| Perfume DIY Workshop 香水工作坊 | Acupressure Class 穴位及經絡按摩班 |
| Cooking Class 烹飪班 | Craft Cocktail Workshop 手調雞尾酒工作坊 |
| June | December |
| Ink Painting 水墨畫 | Christmas Wreath Workshop 聖誕花環工作坊 |
| Techniques for Hair Cutting at Home 居家剪髮課程 | Pastries and Dessert Class 精品烘焙及甜點製作 |

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。


