



CARDIO TENNIS

帶氧網球

WITH
KAYNE RYAN



Cardio Tennis delivers an action-packed session combining rallies, footwork, and reaction drills, all customized to your pace! Get ready to have the time of your life with nonstop hitting, quick steps and fun challenges that will make you feel like a pro! Burn calories, improve your tennis skills and have an absolute blast in a lively, game-like atmosphere! Grab your racket and get ready for the most epic fitness adventure of your life!

有氧網球課程帶來充滿動感的訓練體驗，結合多拍對打、步法練習與反應訓練，所有內容皆會根據你的步調量身打造！準備好迎接人生中最精彩的時刻吧——透過不停歇的擊球、敏捷的步伐以及趣味挑戰，讓你彷彿化身職業選手！在充滿活力、宛如比賽般的氛圍中，燃燒卡路里、提升網球技巧，並盡情享受無比的樂趣！拿起你的球拍，準備迎接人生中最壯闊的健身冒險吧！

CT260501
早上8:00 AM - 早上9:00 AM

CT260502
早上9:00 AM - 早上10:00 AM

ADULT CLASS 18+
成人班 18+

TENNIS COURT 1,
CLUB BAY WING

1號網球場, 灣畔會所
人數CAPACITY: 3-6

19, 26 MAY
TUE
星期二

\$560

PER PERSON
每位

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。



貝沙灣