

Find Your Inner Peace

Join the **TAI CHI** class to experience balance and tranquility while improving your physical and mental well-being.

加入太極課程，在體驗平衡與寧靜的同時提升身心健康。

TAI CHI 太極

尋覓內在的寧靜

Multi-Purpose Room – Club Bay Wing 灣畔會所多用途活動室		\$645	18+	4-8 PAX 位
TC260511 Beginner 初班	4, 11, 18 May 星期一 MON	早上8:00am-早上9:00am		
TC260521 Intermediate 中班		早上9:00am-早上10:00am		
Aerobics Room – Club Peak Wing 朗峰會所健康舞室		\$860		
TC260512 Beginner 初班	6, 13, 20, 27 May 星期三 WED	早上8:00am-早上9:00am		
TC260522 Intermediate 中班		早上9:00am-早上10:00am		



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.

報名或查詢，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