



世界貿易中心®
WORLD TRADE CENTER®
MACAU • 澳門

瑜伽入門課 ELEMENTARY YOGA

星期六 SAT, 10:30-11:30



5/11 -31/12/22
Instructor: Orlando

Mop 800 /8 classes

Mop 480 WTC Member

每班不超過10人

CLASS SIZE LIMITED TO 10 PAX

世貿健康中心18樓
☎ 2872 7666



本瑜伽課程，導師將講解瑜伽體式和初級的瑜伽呼吸法，令學員在練習後，能身心舒暢。期待喜歡瑜伽的學員們參加。 This class sets the foundation for new yoga practitioners. Fundamental breathing and posture techniques related to Yoga Asana are explained and practiced in this class. Suitable for beginners and practitioners of all levels.



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世界貿易中心®
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健康塑身+瑜珈班

BODY SCULPTING & YOGA

TUE & FRI

➔ 28/10 -29/11/22

1:15-2:15pm

Instructor: Orlando

Mop 1500 /10 classes

Mop 800 WTC Member

每班不超過10人

CLASS SIZE LIMITED TO 10 PAX

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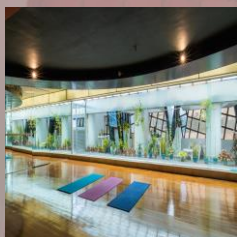
身型塑造+瑜珈主要針對鍛鍊肌肉線條和肌肉的力量。加強體能及肺活量的練習。兩者皆適合初學者。

Body Sculpting & Yoga aim to increase strength and shape your muscles. The class includes cardio and yoga training. Both are suitable for beginners.

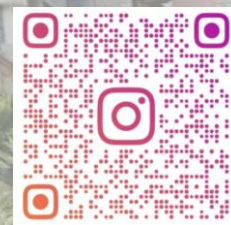
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