



菲特尼斯网络有限公司
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Updated: 28th April 2018

Fitness Network Class Schedule from May 2018

Class	Time	Content
D	Monday 7:30 – 9:00pm	Wu Hu Qin Yang Spear
G	Wednesday 7:30 – 9:00pm	1. Hewei Jianpi Gong 1 (Digestive System) 2. Wudang Five Animals Qigong
H	Friday 7:30 – 9:00pm	1. Health Qigong•Yi Jin Jing (Muscles Tendons Changing Script) 2. Yangsheng Taiji Palm 3 (Liver & Gall Bladder)
C	Saturday 4:00 – 5:30pm	Yu San (Umbrella) Gong *NEW*
F	Saturday 5:30 – 7:00pm	Ba Ji Quan *NEW*
E	Sunday 4:00 – 5:30pm	Wing Chun Kuen
B	Sunday 5:30 – 7:00pm	Kun Lun Zhang

- Notes: 1. All classes are held once a week.
 2. Unless otherwise informed, there is no class on public holidays.
 3. All classes are conducted at Bras Basah Complex, 5th floor open space.
 4. Class E will be taught by Master Robin Cho, classes G & H will be taught by Ms Evelyn Lee, other classes will be taught by Master Zhou Yuewen.
 5. For private, customised lessons, please contact Ms Evelyn Lee 96186886.

菲特尼斯网络课程表 (二〇一八年五月生效)

课程	时间	内容
D	星期一 7:30 – 9:00pm	五虎擒羊枪
G	星期三 7:30 – 9:00pm	1. 和胃健脾功 (第一套) 2. 武当五形气功
H	星期五 7:30 – 9:00pm	1. 健身气功•易筋经 2. 养生太极掌 (第三套): 舒肝利胆太极掌
C	星期六 4:00 – 5:30pm	雨伞功 *新*
F	星期六 5:30 – 7:00pm	八极拳 *新*
E	星期日 4:00 – 5:30pm	咏春拳
B	星期日 5:30 – 7:00pm	昆仑掌

- 注意: 1. 所有课程每星期一次。
 2. 除非另行通知, 逢公共假日将停课一次。
 3. 课程都在百胜楼, 5楼空地。
 4. 课程 E 由曹永文老师指导, 课程 G 和 H 由李美芳老师指导, 其它课程由周悦文老师指导。
 5. 私人, 定制课程, 请联系李美芳老师 96186886。