

# Calendar of Fitness Activities for May & June 2026

| WEEK \ TIME      | 08:30<br> <br>09:30                            | 09:40<br> <br>10:40              | 19:00<br> <br>20:00              |
|------------------|--|----------------------------------|----------------------------------|
| 星期一<br>MONDAY    | HIT<br>高强度间歇训练<br>(Dong Zhen Ying)             | Yoga<br>瑜伽<br>(Wang Xing Yu)     | Body Combat<br>莱美搏击操<br>(Wu Pei) |
| 星期二<br>TUESDAY   | Body Combat<br>莱美搏击操<br>(Wu Pei)               | Body Pump<br>杠铃操<br>(Wu Pei)     |                                  |
| 星期三<br>WEDNESDAY | Zumba<br>尊巴<br>(Wu Jing)                       | Latin Dance<br>拉丁舞<br>(Gao Lu)   | Body Pump<br>杠铃操<br>(Wu Pei)     |
| 星期四<br>THURSDAY  | Body Pump<br>杠铃操<br>(Wu Pei)                   | Body Combat<br>莱美搏击操<br>(Wu Pei) |                                  |
| 星期五<br>FRIDAY    | Zumba<br>尊巴<br>(Miao Miao)                     | Yoga<br>瑜伽<br>(Cheng Yi Hang)    |                                  |
| 星期六<br>SATURDAY  | Pilates<br>普拉提<br>(Cheng Yi Hang)              | Yoga<br>瑜伽<br>(Wang Xing Yu)     |                                  |
| 星期日<br>SUNDAY    | Body Pump/Body Combat<br>杠铃操/莱美搏击操<br>(Wu Pei) | Zumba<br>尊巴<br>(Ke Nan)          |                                  |



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## Commercial Shops Operation Hours

**Jamaica Blue Cafe**  
Tel: 8450 6596  
07:00 - 20:00

**Riviera Cantonese Pavilion**  
Tel: 88996627  
Opens everyday

**Saveur**  
Tel: 8450 6789  
Opens Tuesday to Sunday  
11:00-22:00

**Citee Golf Center**  
Tel: 8430 8226  
08:00 - 20:00

**Xiang Spa & Massage**  
Opens everyday  
10:00-20:00  
Tel: 8450 6888 - ext 304

**Meng Arts**  
Tel: 010-84182311  
Opens Tuesday-Sunday  
10:00 - 20:00

**IZAKAYA**  
Tel: 13021253805  
Opens everyday  
11:00 - 22:00

**康辉旅游CCT**  
Opens everyday  
10:00-18:30  
Tel: 64366629/58677702

**Hom Market**  
Opens everyday  
08:00-22:00  
Tel: 84506882

**Simon Hair Studio**  
Opens Tuesday-Sunday  
10:00 - 19:00  
Tel: 84506888-112  
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