

11 – 17 March
3 月 11 日 17 日

Resort Weekly News

度假村資訊



ACTIVITIES SCHEDULE 活動時間表

* Activities Schedule is subject to change without prior notice.

活動時間表如有任何更改，恕不另行通知。

11/3 Mon 一	12/3 Tue 二	13/3 Wed 三	14/3 Thu 四	15/3 Fri 五	16/3 Sat 六	17/3 Sun 日
Tai Chi 太極班 (Mr Chau) 7:30 – 8:30	Bollywood Dance 印度舞 (Ms Renu) 7:45 – 8:45	Yoga Flow 動瑜珈 (Vedanta) 7:30 – 8:30	Bollywood Dance 印度舞 (Ms Renu) 7:45 – 8:45	Yoga Flow 動瑜珈 (Vedanta) 7:30 – 8:30	Tai Chi 太極班 (Mr Chau) 7:30 – 8:30	
Weng Chun (Form of Martial Arts) 詠春 (Mr Chau) 8:30 – 9:30	Hatha Yoga 哈達瑜珈 (Renu) 9:00 – 10:00	Beginner Level Tai Chi 初級太極班 (Mr Chau) 8:30 – 10:00	Yin Yang Yoga (Renu) 9:00 – 10:00	Beginner Level Tai Chi 初級太極班 (Mr Chau) 8:30 – 10:00		Advance Traditional Hatha Yoga 高級傳統哈達瑜珈 (Vedanta) 10:00-12:00
Yin Yang Yoga (Vedanta) 13:15-14:15	Tabata Training Tabata 高強度間歇運動 (Josephine) 13:15 – 14:15	Yoga Balance 瑜珈平衡 (Vedanta) 13:15-14:15	Yoga 瑜珈 (Joe Ma) 13:15-14:15	Hatha Yoga 哈達瑜珈 (Vedanta) 13:15-14:15		
Cardio Kick box 拳擊健美班 (Joe Ma) 18:30 – 19:30	Hatha Yoga 哈達瑜珈 (Vedanta) 18:30– 19:30	Tabata Training Tabata 高強度間歇運動 (Josephine) 18:30 – 19:30	Yoga for Healthy Spine 健康脊柱瑜珈 (Vedanta) 18:30 – 19:30	Aerobics 健康舞班 (Joe Ma) 18:30 – 19:30	Steps+Weights 踏板+啞鈴健身 (Joe Ma) 17:00 – 18:00	

For enquiries and reservations, please call Resort Reception at extension 4800

查詢及預約，請致電度假村接待處內線 4800

Seafood Overdose Dinner Buffet

鮮味盎然海鮮自助晚餐



鮮味盎然海鮮自助晚餐將「鮮味」雙手奉上！這盤「宏偉」的海鮮塔將會獻到每兩位享用自助晚餐客人的枱上，以及新推出的「一款生蠔，四種食法」，此外你還可品嚐清新沙律吧、現場烹調葡式海鮮銅鍋煲、各式熱葷、時令湯點及我們的招牌甜品，盡享滋味。逢週五至日下午 6 時半至晚上 10 時供應。新鮮風味，成人每位澳門幣 358 及小童每位澳門幣 184,期待你來一探究竟！請即致電 8793 3871 預訂！

Our Seafood Buffet Dinner just got a whole lot better! Now served to the table, guests can indulge in a seafood tower and featuring fresh oysters served in four different flavours!, while still enjoying salad bar, the live Cataplana station, hot dishes, and our famed dessert selection. Available every Friday to Sunday, 6:30pm-10pm. Price from MOP358 per adult & MOP184 per child! Book now at 8793 3871.

Afternoon Tea Set 精緻下午茶套餐



想與摯友度過一個閒適的下午？何不到乘風廊酒吧品味精緻的下午茶，一邊呷着各國名茶，一邊享用美點，體會悠然自在的生活態度。二人同行只需澳門幣 268 (可選茶或咖啡)。立即預訂 +853 8793 3831。

Relax and enjoy some quality time with friends over afternoon tea this weekend at Vasco – Bar & Lounge. Delight in our set menu brimming with savory and sweet treats. MOP268 for two persons with tasty tea or coffee. Book now at 8793 3831.