

16 – 22 September

9月16至9月22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，恕不另行通告。

16/9 Mon 一	17/9 Tue 二	18/9 Wed 三	19/9 Thu 四	20/9 Fri 五	21/9 Sat 六	22/9 Sun 日
<b>Tai Chi</b> 太極班 (Mr Chau) 7:30 – 8:30	<b>Bollywood Dance</b> 印度舞 (Ms Renu) 7:45 – 8:45	<b>Yoga Flow</b> 動瑜珈 (Vedanta) 7:30 – 8:30	<b>Bollywood Dance</b> 印度舞 (Ms Renu) 7:45 – 8:45	<b>Yoga Flow</b> 動瑜珈 (Vedanta) 7:30 – 8:30	<b>Tai Chi</b> 太極班 (Mr Chau) 7:30 – 8:30	
<b>Weng Chun (Form of Martial Arts)</b> 詠春 (Mr Chau) 8:30 – 9:30	<b>Hatha Yoga</b> 哈達瑜珈 (Renu) 9:00 – 10:00	<b>Beginner Level Tai Chi</b> 初級太極班 (Mr Chau) 8:30 – 10:00	<b>Hatha Yoga</b> 哈達瑜珈 (Renu) 9:00 – 10:00	<b>Beginner Level Tai Chi</b> 初級太極班 (Mr Chau) 8:30 – 10:00		<b>Advance Traditional Hatha Yoga</b> 高級傳統哈達瑜珈 (Vedanta) 10:00 – 12:00
<b>Yoga Flow</b> 動瑜珈 (Vedanta) 13:15 – 14:15		<b>Beginner's Yoga</b> 初級瑜珈 (Vedanta) 13:15 – 14:15	<b>Yoga</b> 瑜珈 (Joe Ma) 13:15 – 14:15	<b>Hatha Yoga</b> 哈達瑜珈 (Vedanta) 13:15 – 14:15		
<b>Cardio Kick Box</b> 拳擊健美班 (Joe Ma) 18:30 – 19:30	<b>Hatha Yoga</b> 哈達瑜珈 (Vedanta) 18:30 – 19:30		<b>Yoga for Healthy Spine</b> 健康脊柱瑜珈 (Vedanta) 18:30 – 19:30	<b>Steps+ Weights</b> 踏板+啞鈴健身 (Joe Ma) 17:00-1800		

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

## MARKET LUNCH

饗午悠閒盛宴



由來自葡萄牙的總廚精心炮製的主菜，配上美味頭盤、濃郁的餐湯、新鮮沙律、進口芝士、現煮麵條區、精美甜品及主廚分享當日廚師推介菜式等，在雅緻的環境下，悠然享受午後的滿足。成人每位澳門幣 198 起。請即預訂 8793 3871 ！

Chef at Café Bela Vista puts on an impressive spread of tasty appetizers, hearty soups, fresh salads, imported cheeses, a noodle station and decadent desserts, all served alongside his enticing signature dishes. Price from MOP198 per adult. Book Now at 8793 3871.

## Happy Hour

Buy-One-Get-One-Free

歡樂時光盡在乘風廊



於乘風廊酒吧，細意傾聽 Francois & Rita 的輕歌妙韻，輕鬆度過一個週末晚上，好不愜意！每日下午 5 時至晚上 9 時半的歡樂時光更可尊享飲品買一送一優惠。快相約好友前來感受音樂的魅力吧！預訂及查詢 8793 3831 。

Enjoy a relaxed weekend evening of live music with Francois and Rita in Vasco Bar & Lounge. Take advantage of our Buy-One-Get-One-Free drink deal during happy hour from 5-9 pm. Come for the music, stay for the great ambience! Book now at 8793 3831.