

3 – 9 February  
2月3至2月9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。

3/2 Mon 一	4/2 Tue 二	5/2 Wed 三	6/2 Thu 四	7/2 Fri 五	8/2 Sat 六	9/2 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>Aerobics</b> 健康舞班 (Joe Ma) 18:30-19:30	<b>Steps+ Weights</b> 踏板+ 啞鈴健身 (Joe Ma) 17:00-1800	

## 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 ambiance! Book now at 8793 3831.