

31 – 6 September  
8月31至9月6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.

31/8	1/9	2/9	3/9	4/9	5/9	6/9
Mon 一	Tue 二	Wed 三	Thu 四	Fri 五	Sat 六	Sun 日
Tai Chi 太極班 (Mr Chau) 7:30 – 8:30	Bollywood Dance 印度舞 (Ms Renu) 7:30 – 8:30	Yoga Flow 動瑜珈 (Vedanta) 7:30 – 8:30	Bollywood Dance 印度舞 (Ms Renu) 7:30 – 8:30	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		Beginner Level Tai Chi 初級太極班 (Mr Chau) 8:30 – 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) 11:00-12:00
Yoga Flow 動瑜珈 (Vedanta) 13:15-14:15	Tabata Training (Josephine) 13:15-14:15		Yoga 瑜珈 (Joe Ma) 13:15-14:15	Hatha Yoga 哈達瑜珈 (Vedanta) 13:15-14:15	<b>KIDSCO ACTIVITY 2:30-4:00</b>	<b>KIDSCO ACTIVITY 13:00-15:00</b>
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		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	

活動時間表如有任何更改，恕不另行通知。

## 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。兩位澳門幣 淨價328。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. MOP328 nett for 2 pax. Book Now at 8793 3871.

## Thai Set Lunch 泰式午市套餐

瀝泰國餐廳的美食團隊以最新鮮食材和最上乘香料，為您烹調出多種令人食指大動的泰式美食。餐廳逢星期一至五供應不同特色泰式午市套餐，兩位澳門幣 淨價298。請即預訂 8793 4818！

### Thai Set Lunch

- Monday to Friday, 12:00-2:30pm
- Including a glass of soft drink, beer or wine included per person
- MOP298 nett for 2 persons Book Now at 8793 4818.

