

20 – 26 January
1月20至1月26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。

20/1 Mon 一	21/1 Tue 二	22/1 Wed 三	23/1 Thu 四	24/1 Fri 五	25/1 Sat 六	26/1 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	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		Advance Traditional Hatha Yoga 高級傳統哈達瑜珈 (Vedanta) 10:00-12:00
Yoga Flow 動瑜珈 (Vedanta) 13:15-14:15	Tabata training (Josephine) 13:15-14:15	Beginner's Yoga 初級瑜珈 (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 (Joe-Ma) 18:30-19:30	Yoga for Healthy Spine 健康脊柱瑜珈 (Vedanta) 18:30 - 19:30			

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.