

Recreational Class Plan 2026

興趣班課程計劃 2026

January	July
Journey to Mindfulness – Workshop on Singing Bowls and Meditation 正念之旅 – 頌鉢與靜心工作坊	Aromatherapy Essential Oils Application and Wellness Seminar 香薰精油應用及保健講座
February	August
Seminar for Decluttering and Minimalism 斷捨離講座	Home Repair Class 家居維修班
March	September
Zentangle Workshop 禪繞畫工作坊	Financial Related Seminar 理財講座
April	October
Acupressure Class 穴位及經絡按摩班	Mental Health Workshop 心理健康工作坊
May	November
Systematic Stretching 系統拉伸	Birdwatching in Wetland 濕地觀鳥
June	December
Looping Fit Experience Class 循環燃脂訓練體驗班	French Pastry Class 法式甜點班

Note: The commencement and final confirmation of the above interest classes will be subject to the coordination of multiple factors, including instructors' availability and the number of participants.

註: 上述興趣班的開辦月份及最終成班情況，需視乎導師安排及參與人數等多項因素協調確定。


