

Bupa HealthFest class schedule



Yoga Mondays	Wellbeing Tuesdays	Body Weight Wednesdays	HIIT Thursdays	Stress Relief Fridays	Super Saturdays	Family Sundays
25 May	26 May	27 May	28 May	29 May	30 May	31 May
3:00 – 3:45pm Yoga with Kids	3:00 – 3:40pm Family Stretching Workshop by Physiotherapist	6:30 – 7:30pm Body Weight (Bupa members only)	6:30 – 7:30pm Tabata	6:30 – 7:15pm Meditation & Breathing	3:00 – 3:40pm Family Stretching Workshop by Physiotherapist (Bupa members only)	3:00 – 4:00pm Jam Making with Kids
6:30 – 7:30pm Yin Yoga	6:30 – 7:30pm Webinar: Chinese Medicinal Dietary and Tea Therapies	7:30 – 8:30pm Relaxing Stretch		7:30 – 8:30pm Yoga Flow	6:30 – 7:30pm HIIT	6:30 – 7:30pm Body Weight
1 June	2 June	3 June	4 June	5 June	6 June	7 June
6:30 – 7:30pm Balancing Yoga	3:00 – 3:40pm Family Stretching Workshop by Physiotherapist	6:30 – 7:30pm Strength & Mobility	3:00 – 3:45pm Yoga with Kids (Bupa members only)	3:00 – 3:40pm Family Stretching Workshop by Physiotherapist	3:00 – 4:00pm Jam Making with Kids	3:00 – 4:00pm Art Jamming with Kids
			6:30 – 7:30pm HIIT	6:30 – 7:15pm DIY: Keeping Healthy and Beauty with Acupressure Massage	6:30 – 7:30pm Art Jamming with Kids (Bupa members only)	3:00 – 3:45pm DIY: Keeping Healthy and Beauty with Acupressure Massage
8 June	9 June	10 June	11 June	12 June	13 June	14 June
6:30 – 7:30pm Core Yoga	6:30 – 7:15pm DIY: Keeping Healthy and Beauty with Acupressure Massage	6:30 – 7:30pm Body Weight	6:30 – 7:30pm Tabata	6:30 – 7:30pm Relaxing Stretch	6:30 – 7:30pm Body Weight	3:00 – 4:00pm Jam Making with Kids (Bupa members only)
7:30 – 8:30pm Body Weight	7:30 – 8:30pm Balancing Yoga	7:30 – 8:30pm HIIT (Bupa members only)	7:30 – 8:30pm HIIT	7:30 – 8:30pm Webinar: Building Parent-Child Relationship with Play		6:30 – 7:30pm Strength & Mobility
15 June	16 June	17 June	18 June	19 June	20 June	21 June
6:30 – 7:30pm Yoga Flow	6:30 – 7:30pm Webinar: Types of Children Mood Disorder	6:30 – 7:30pm Core Yoga (Bupa members only)	6:30 – 7:10pm Family Stretching Workshop by Physiotherapist	6:30 – 7:15pm DIY: Keeping Healthy and Beauty with Acupressure Massage (Bupa members only)	3:00 – 4:00pm Jam Making with Kids	3:00 – 4:00pm Art Jamming with Kids
	7:30 – 8:15pm Sleeping tips from a Chinese medicine practitioner	7:30 – 8:30pm HIIT	6:30 – 7:30pm HIIT	7:30 – 8:15pm Meditation & Breathing	6:30 – 7:15pm Cosmetology of Traditional Chinese Medicine: Traditional Chinese Practitioner to share tips for anti-aging and the use of Chinese medicine for skincare	6:30 – 7:30pm Tabata
			7:30 – 8:30pm Aroma Detox Yoga			

Exclusive classes for Bupa members – Bupa members can exclusively participate in a series of specially selected classes. Please visit myBupa or refer to our member newsletter for more details.

Bupa 健康遊樂祭

課程時間表



星期一拉拉筋	星期二鬆一鬆	星期三操fit啲	星期四齊燒脂	星期五減吓壓	星期六郁多啲	星期日家庭樂
5月25日	5月26日	5月27日	5月28日	5月29日	5月30日	5月31日
3:00 - 3:45pm 親子瑜伽	3:00 - 3:40pm 親子伸展運動 (由註冊物理治療師示範)	6:30 - 7:30pm 徒手訓練 (保柏會員限定)	6:30 - 7:30pm Tabata 高強度 間歇訓練	6:30 - 7:15pm 冥想及呼吸 訓練	3:00 - 3:40pm 親子伸展運動 (由註冊物理治療師示範) (保柏會員限定)	3:00 - 4:00pm 親子果醬班
6:30 - 7:30pm 陰瑜伽	6:30 - 7:30pm 網上講座： 中醫藥膳及茶療	7:30 - 8:30pm 放鬆伸展瑜伽		7:30 - 8:30pm 動態瑜伽	6:30 - 7:30pm 高強度間歇訓練 (HIIT)	6:30 - 7:30pm 徒手訓練
6月1日	6月2日	6月3日	6月4日	6月5日	6月6日	6月7日
6:30 - 7:30pm 平衡瑜伽	3:00 - 3:40pm 親子伸展運動 (由註冊物理治療師示範)	6:30 - 7:30pm 力量及 靈活性訓練	3:00 - 3:45pm 親子瑜伽 (保柏會員限定)	3:00 - 3:40pm 親子伸展運動 (由註冊物理治療師示範)	3:00 - 4:00pm 親子果醬班	3:00 - 4:00pm 親子畫班
			6:30 - 7:30pm 高強度間歇訓練 (HIIT)	6:30 - 7:15pm 健康養顏· 自己動手中醫 養生穴位按摩	6:30 - 7:30pm 親子畫班 (保柏會員限定)	3:00 - 3:45pm 健康養顏· 自己動手中醫 養生穴位按摩
6月8日	6月9日	6月10日	6月11日	6月12日	6月13日	6月14日
6:30 - 7:30pm 核心瑜伽	6:30 - 7:15pm 健康養顏· 自己動手中醫 養生穴位按摩	6:30 - 7:30pm 徒手訓練	6:30 - 7:30pm Tabata高強度 間歇訓練	6:30 - 7:30pm 放鬆伸展瑜伽	6:30 - 7:30pm 徒手訓練	3:00 - 4:00pm 親子果醬班 (保柏會員限定)
7:30 - 8:30pm 徒手訓練	7:30 - 8:30pm 平衡瑜伽	7:30 - 8:30pm 高強度間歇訓練 (HIIT) (保柏會員限定)	7:30 - 8:30pm 高強度間歇訓練 (HIIT)	7:30 - 8:30pm 網上講座： 透過遊戲建立 親子關係		6:30 - 7:30pm 力量及 靈活性訓練
6月15日	6月16日	6月17日	6月18日	6月19日	6月20日	6月21日
6:30 - 7:30pm 動態瑜伽	6:30 - 7:30pm 網上講座： 細心觀察子女 - 解構兒童情緒病	6:30 - 7:30pm 核心瑜伽 (保柏會員限定)	6:30 - 7:10pm 親子伸展運動 (由註冊物理治療師示範)	6:30 - 7:15pm 健康養顏· 自己動手中醫 養生穴位按摩 (保柏會員限定)	3:00 - 4:00pm 親子果醬班	3:00 - 4:00pm 親子畫班
	7:30 - 8:15pm 中醫師教你如何睡得好	7:30 - 8:30pm 高強度間歇訓練 (HIIT)	6:30 - 7:30pm 高強度間歇訓練 (HIIT)	7:30 - 8:15pm 冥想及呼吸 訓練	6:30 - 7:15pm 中醫美容： 醫師教你對抗 皮膚老化及 護膚中藥分享	6:30 - 7:30pm Tabata高強度 間歇訓練
			7:30 - 8:30pm 芳香排毒瑜伽課			

保柏會員限定課程 -

保柏會員可獨家參加我們一系列的精選課程。報名及詳情，請瀏覽myBupa或參閱會員通訊。