

活動時間表

Event Schedule

Day 1

04.27

 3/F

14:30 - 14:40 開幕禮 Opening Ceremony

14:45 - 15:30 名人瑜珈示範 Yoga Demonstration

15:45 - 16:15 運動心得分享 Sharing Session



Maggie Leung

16:15 - 16:30 有獎問答遊戲 Prize Quiz 

16:45 - 17:30 普拉提入門體驗
Gentle Pilates Flow for Beginners



Sam Tang

17:45 - 18:30 池畔頌鉢冥想及瑜珈教學
Poolside Singing Bowl Meditation
and Yoga



Lillian Chung

極速消脂．高強度間歇訓練
Ultimate Fat Burn:
High-intensity Interval Training



Karen Yui

OM Spa 休息區
seating area

跳舞室
aerobic room

行政樓層貴賓廊
Executive Club
Lounge

跳舞室
aerobic room

1/F Me Time Zone

跳舞室
aerobic room



OM Spa 香薰手部按摩*工作坊
Aromatic Oil and Hand Massage* Workshop

體驗時間* 15:30 - 15:45; 16:30 - 16:45

活動時間表

Event Schedule

Day 2

04.28

 3/F

14:30 - 15:00

護膚秘訣及眼部提拉工作坊
Skin Care Tips and Eye Massage
workshop



15:15 - 16:00

專業健身指導體驗
Trial Session with Personal Trainer



16:15 - 16:45

OptMeal品牌創立分享及運動心得
Building a Brand from Scratch and
Workout Experience Sharing

Jason Leung

16:45 - 16:55

有獎問答遊戲 Prize Quiz 

17:00 - 17:45

呼吸有學問 - 如何提高運動效率
Breathwork: An Impactful Way to
Harness Health

18:00 - 18:30

運動與濕疹自療之旅
My Eczema Journey Towards Healing
with Sports



Cathy Luk

行政樓層貴賓廊
Executive Club
Lounge

健身室
Gym Room

行政樓層貴賓廊
Executive Club
Lounge

跳舞室
aerobic room

行政樓層貴賓廊
Executive Club
Lounge

前往展區領取活動限時優惠贈禮
Collect your discounts @ exhibition area!

