

FITNESS CLASS SCHEDULE 健身課程時間表

THE FULLERTON
OCEAN PARK HOTEL

Morning Session 上午時段

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六	Sunday 星期日
9 A.M. - 10 A.M.	Mat Pilates 墊上普拉提 \$550	Animal Flow 動物流 \$320	Kettlebell Training 壺鈴訓練 \$320	Kick Boxing 踢拳道 \$320	Zumba Fitness 尊巴健身 \$450	Muay Thai 泰拳 \$320	Detox Yoga 排毒瑜伽 \$320
10:30 A.M. - 11:30 A.M.	Private Pilates session 1 on 2 一對二普拉提 \$1,320	Kettlebell Training 壺鈴訓練 \$320	Lower body strength 下身力量訓練 \$320	Muay Thai 泰拳 \$320	Aqua Fitness 水中健身 \$320	Kick Boxing 踢拳道 \$320	Stretch Yoga 瑜伽伸展 \$320

Afternoon Session 下午時段

3:30 P.M. - 4:30 P.M.	HIIT 高強度間歇訓練 \$320	Yoga meditation 瑜珈禪坐 \$450	Mat Pilates 墊上普拉提 \$520	TRX Exercise 懸吊式阻抗訓練 \$320	Singing Bowl meditation \$450	Kettlebell Training 壺鈴訓練 \$320	Zumba Fitness 尊巴健身 \$450	
5 P.M. - 6 P.M.	Muay Thai 泰拳 \$320	Sound Healing 聲音治癒 \$550	Private Pilates session 1 on 2 一對二普拉提 \$1,320	HIIT 高強度間歇訓練 \$320	Family Yoga 親子瑜珈 \$320	Animal Flow 動物流 \$320	HIIT 高強度間歇訓練 \$320	Sound Healing 聲音治癒 \$550

Evening Session 晚間時段

Friday 星期五	
6:30 P.M. - 7:30 P.M.	Sunset Yoga 日落瑜珈 \$320

- Please make your reservation at least 7 days in advance and will be handled on a first-come, first-served basis
建議於至少7天前提早預約，課程名額有限，先到先得
- For enquiries and reservations, please contact The Gym on 5/F or scan the QR code
如需查詢或預約，請親臨5樓的健身中心或掃描二維碼
- One-on-one private class and personalised fitness program are available upon request
另設私人一對一健身訓練，請向職員查詢詳情
- All classes are subject to availability without prior notice
上述課程如有更改，恕不另行通知
- In case of any dispute, The Fullerton Ocean Park Hotel Hong Kong reserves the right of final decision
如有任何爭議，香港富麗敦海洋公園酒店保留最終決定權



For more information
on hotel facilities,
please scan the QR code.
請掃描二維碼了解更多酒店資訊。