

HONG KONG 2019 DECEMBER EVENT CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Yoga Class Almond 18:30 - 19:30 Zumba Class Bob Sir 19:30 - 20:30	3 FatBurnExtreme / Pound Fit Angela Hancock 18:00 - 21:00 8WSW Training Fred Sir 21:00 - 22:00	4 Stretching Class Irene Chow 19:00 - 21:00	5 Yoga Class Almond 18:30 - 19:30 Dancing Class Wendy Yiu 19:30 - 20:30	6	7 Wing Chun Class Wong Kam Fai 16:00 - 17:00
8	9 Yoga Class Almond 18:30 - 19:30 Zumba Class Bob Sir 19:30 - 20:30	10 FatBurnExtreme / Pound Fit Angela Hancock 18:00 - 21:00 8WSW Training Fred Sir 21:00 - 22:00	11 Stretching Class Irene Chow 19:00 - 21:00	12 Yoga Class Almond 18:30 - 19:30 Dancing Class Wendy Yiu 19:30 - 20:30	13	14 Isagenix Christmas Party 11:30 - 14:00
15	16 Yoga Class Almond 18:30 - 19:30 Zumba Class Bob Sir 19:30 - 20:30	17 FatBurnExtreme / Pound Fit Angela Hancock 18:00 - 21:00 8WSW Training Fred Sir 21:00 - 22:00	18 Stretching Class Irene Chow 19:00 - 21:00	19 Yoga Class Almond 18:30 - 19:30 Dancing Class Wendy Yiu 19:30 - 20:30	20	21
22	23 Yoga Class Almond 18:30 - 19:30 Zumba Class Bob Sir 19:30 - 20:30	24 FatBurnExtreme / Pound Fit Angela Hancock 18:00 - 21:00 8WSW Training Fred Sir 21:00 - 22:00	25 Christmas Day Office Closed	26 The First Weekday After Christmas Day Office Closed	27	28 Wing Chun Class Wong Kam Fai 16:00 - 17:00
29	30 Yoga Class Almond 18:30 - 19:30 Zumba Class Bob Sir 19:30 - 20:30	31 FatBurnExtreme / Pound Fit Angela Hancock 18:00 - 21:00 8WSW Training Fred Sir 21:00 - 22:00				

HEALTH TALK

FAB Leaders Meeting

ASSOCIATE EVENT

INCENTIVE TRIP

CORPORATE EVENT