

HONG KONG 2019 APRIL EVENT CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 FatBurnExtreme / Pound Fit Angela Hancock 12:00 - 15:00 8WSW Training Fred Sir 18:30 - 19:30 Zumba Class Bob Sir 19:30 - 20:30	2 FatBurnExtreme / Pound Fit Angela Hancock 18:00 - 21:00 8WSW Training Fred Sir 21:00 - 22:00	3 Zumba Sessions Girelie 12:00 - 14:00 Stretching Class Irene Chow 19:00 - 21:00	4 Yoga Class Almond 18:30 - 19:30 Dancing Class Wendy Yiu 19:30 - 20:30	5 Ching Ming Festival Office Closure	6 8WSW Training Fred Sir 14:00 - 15:00 Wing Chun Class Wong Kam Fai 18:30 - 19:30
7	8 FatBurnExtreme / Pound Fit Angela Hancock 12:00 - 15:00 8WSW Training Fred Sir 18:30 - 19:30 Zumba Class Bob Sir 19:30 - 20:30	9 FatBurnExtreme / Pound Fit Angela Hancock 18:00 - 21:00 8WSW Training Fred Sir 21:00 - 22:00	10 Stretching Class Irene Chow 19:00 - 21:00	11 Yoga Class Almond 18:30 - 19:30 Dancing Class Wendy Yiu 19:30 - 20:30	12 Yoga Class Almond 18:30 - 19:30 8WSW Training Fred Sir 19:30 - 20:30	13 8WSW Training Fred Sir 14:00 - 15:00
14	15 FatBurnExtreme / Pound Fit Angela Hancock 12:00 - 15:00 8WSW Training Fred Sir 18:30 - 19:30 Zumba Class Bob Sir 19:30 - 20:30	16 FatBurnExtreme / Pound Fit Angela Hancock 18:00 - 21:00 8WSW Training Fred Sir 21:00 - 22:00	17 Stretching Class Irene Chow 19:00 - 21:00	18 Yoga Class Almond 18:30 - 19:30 Dancing Class Wendy Yiu 19:30 - 20:30	19 Good Friday Office Closure	20 The Day Following Good Friday Office Closure
21	22 Easter Monday Office Closure	23 FatBurnExtreme / Pound Fit Angela Hancock 18:00 - 21:00 8WSW Training Fred Sir 21:00 - 22:00	24 Stretching Class Irene Chow 19:00 - 21:00	25 Yoga Class Almond 18:30 - 19:30 Dancing Class Wendy Yiu 19:30 - 20:30	26 Yoga Class Almond 18:30 - 19:30 8WSW Training Fred Sir 19:30 - 20:30	27 8WSW Training Fred Sir 14:00 - 15:00 Wing Chun Class Wong Kam Fai 18:30 - 19:30
28	29 FatBurnExtreme / Pound Fit Angela Hancock 12:00 - 15:00 8WSW Training Fred Sir 18:30 - 19:30 Zumba Class Bob Sir 19:30 - 20:30	30 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