



APRIL 2018 HONG KONG EVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2 Easter Monday Office Close	3	4 Irene Chow Myofascial Release Class 19:00-20:15; Stretching Class 20:30-21:30	5 Ching Ming Festival Office Close	6 Healthy Stretching Class Jessica Lau 11:00-12:00	7 Fitness Class Melamie Wong 14:00-15:30	
8	9 Fitness Class Heidi Yip 19:30-20:30	10 Basic Fitness Class Mike Chow 14:30-16:00	11 New Associates Training 14:00 - 15:30 Irene Chow Myofascial Release Class 19:00-20:15; Stretching Class 20:30-21:30	12 Fitness Class Melamie Wong 19:00-20:30	13 Healthy Stretching Class Jessica Lau 11:00-12:00	14 GIA X Product Training	
15 GIA X Product Training	16 Fitness Class Heidi Yip 19:30-20:30	17 Basic Fitness Class Mike Chow 14:30-16:00	18 Irene Chow Myofascial Release Class 19:00-20:15; Stretching Class 20:30-21:30	19 Fitness Class Melamie Wong 19:00-20:30	20 Healthy Stretching Class Jessica Lau 11:00-12:00 Product Training May Liu 19:30-20:30	21 Fitness Class Melamie Wong 14:00-15:30	
22	23 Fitness Class Heidi Yip 19:30-20:30	24 Basic Fitness Class Mike Chow 14:30-16:00	25 Irene Chow Myofascial Release Class 19:00-20:15; Stretching Class 20:30-21:30	26 Fitness Class Melamie Wong 19:00-20:30	27 Healthy Stretching Class Jessica Lau 11:00-12:00 Product Training May Liu 19:30-20:30	28	
29	30 Fitness Class Heidi Yip 19:30-20:30						
INCENTIVE TRIP		HEALTH TALK		CORPORATE EVENT		BUSINESS MEETING	ASSOCIATE EVENT

