

2026年1月

活動日程

星期日	星期一	星期二	星期三	星期四	星期五	星期六
				1 新年關閉	2 中医长寿之道 ZHANG 上午 10:00-11:00 福全福利講解 下午 1:30-5:00	3
4	5 福全福利講解 上午 9:30-12:30 氣功課 下午 2:00-3:00	6 福全福利講解 上午 9:30-12:30 健身舞蹈課 下午 2:00-3:00	7 福全福利講解 上午 9:30-12:30 福全福利講解 下午 1:30-5:00	8 福全福利講解 上午 9:30-12:30 穩住血壓與氣血 GU 下午 2:00-3:00 太極課 下午 3:30-4:30	9 福全福利講解 上午 9:30-12:30 福全福利講解 下午 1:30-5:00	10
11	12 福全福利講解 上午 9:30-12:30 氣功課 下午 2 :00-3:00	13 福全福利講解 上午 9:30-12:30 健身舞蹈課 下午 2:00-3:00	14 福全福利講解 上午 9:30-12:30 福全福利講解 下午 1:30-5:00	15 福全福利講解 上午 9:30-12:30 中醫驅寒有妙招 GU下午 2:00-3:00 太極課 下午 3:30-4:30	16 福全福利講解 上午 9:30-12:30 福全福利講解 下午 1:30-5:00	17
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