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MAR
2021



JSCHOOL-HK

JSCHOOL-TW

「ZEN28 Chinese Community」

Official Jeunesse
Hong Kong & Macau
Facebook Fans Page

Official Jeunesse Taiwan
Facebook Fans Page

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 11:00 Way to Maintain Intestinal Health (Mandarin) 「ZEN28 Chinese Community」 Product Consultant of HK Annie - Participant of Z Competition Sharing 2 (Cantonese)	4	5	6 「ZEN28 Chinese Community」 Weekly 15 Minutes Exercise 1: Squat
7	8	9	10 「ZEN28 Chinese Community」 Product Consultant of GC Lindsey - ZEN 28 Participants Sharing 1 (Mandarin)	11	12	13 「ZEN28 Chinese Community」 Weekly 15 Minutes Exercise 2: Plank
14	15	16	17 25 th Online HKU 「ZEN28 Chinese Community」 Product Consultant of HK Annie - Participant of Z Competition Sharing 3 (Cantonese)	18 17:00 「Carroll Li Beauty Training」 Skin anti-aging strategies (Cantonese)	19	20 「ZEN28 Chinese Community」 Weekly 15 Minutes Exercise 3: Crunch
21	22	23	24 11:00 Way to Maintain Intestinal Health (Mandarin) 「ZEN28 Chinese Community」 Product Consultant of GC Lindsey - ZEN 28 Participants Sharing 2 (Mandarin)	25 17:00 「Nutritionist Annie Training」 (Cantonese)	26	27 「ZEN28 Chinese Community」 Weekly 15 Minutes Exercise 4: Push-ups
28	29	30	31 「ZEN28 Chinese Community」 Product Consultant of HK Annie - Participant of Z Competition Sharing 4 (Cantonese)			