

07
JUL
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 Hong Kong SAR Establishment Day	2	3 「ZEN28 Chinese Community」 5 Steps to Build Muscle & Lose Fat 1
4	5	6 10:00 Nutritionist Annie : One-on- One Online Diet Consultation (Cantonese)	7 11:00 Product Training: Summer Maintenance – Skin Care (Mandarin) 「ZEN28 Chinese Community」 Product Consultant of HK Annie: Health Knowledge 20:00 ZEN28 Online Home Workout Class (Mandarin)	8	9 16:00 Irene Chow - Stretching and Pain Relief Exercise 1 (Cantonese)	10 「ZEN28 Chinese Community」 5 Steps to Build Muscle & Lose Fat 2
11	12	13	14 「ZEN28 Chinese Community」 Product Consultant of GC Lindsey: Healthy Summer Desserts Recipe 15:00 Jeunesse Life + [Teatime Talks] (Mandarin) 20:00 GC Jeunesse LIVE (English/Mandarin/Cantonese)	15	16 10:00 Nutritionist Annie : One-on- One Online Diet Consultation (Cantonese) 16:00 Irene Chow - Stretching and Pain Relief Exercise 2 (Cantonese)	17 「ZEN28 Chinese Community」 5 Steps to Build Muscle & Lose Fat 3
18	19	20	21 11:00 Product Training (Mandarin) 「ZEN28 Chinese Community」 Product Consultant of HK Annie: Health Knowledge 20:00 Jeunesse Life + [Teatime Talks] (Mandarin)	22 17:00 「Nutritionist Annie Training」 (Cantonese)	23 16:00 Irene Chow - Stretching and Pain Relief Exercise 3 (Cantonese)	24 「ZEN28 Chinese Community」 5 Steps to Build Muscle & Lose Fat 4
25	26	27 10:00 Nutritionist Annie : One-on- One Online Diet Consultation (Cantonese) 17:00 Carroll Li Beauty Training: Essential Skin Whitening Tips for Summer (Cantonese)	28 「ZEN28 Chinese Community」 Product Consultant of GC Lindsey: Foods To Build Muscle & Lose Fat 20:00 Jeunesse Life + [Teatime Talks] (Mandarin)	29	30 16:00 Irene Chow - Stretching and Pain Relief Exercise 4 (Cantonese)	31 「ZEN28 Chinese Community」 5 Steps to Build Muscle & Lose Fat 5