

# 08 AUG 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  20:00 GC Jeunesse  (English/Mandarin/Cantonese)	4  「ZEN28 Chinese Community」 Product Consultant of HK Annie: Health Knowledge	5 16:00 Irene Chow - Stretching and Pain Relief Exercise 1 (Cantonese)	6	7  「ZEN28 Chinese Community」 Important Things You Need to Know to Build Muscle   20:30 Jeunesse Online 9 <sup>th</sup> HK Anniversary
8	9	10	11  11:00 Product Training (Mandarin)  「ZEN28 Chinese Community」 Product Consultant of GC Lindsey  20:00 ZEN 28 Online Home Workout Class (Mandarin)	12 16:00 Irene Chow - Stretching and Pain Relief Exercise 2 (Cantonese)	13	14  「ZEN28 Chinese Community」 Workout At Home 1
15	16	17  17:00 Carroll Li Beauty Training: Moisturizing and Anti Acne Care for the Summertime (Cantonese)	18  「ZEN28 Chinese Community」 Product Consultant of HK Annie: Health Knowledge	19 16:00 Irene Chow - Stretching and Pain Relief Exercise 3 (Cantonese)	20	21  「ZEN28 Chinese Community」 Workout At Home 2
22	23	24  17:00 Nutritionist Annie Training: Flawless Beauty & Skin - Cleansing (Cantonese)	25  11:00 Product Training (Mandarin)  「ZEN28 Chinese Community」 Product Consultant of GC Lindsey	26 16:00 Irene Chow - Stretching and Pain Relief Exercise 4 (Cantonese)	27  17:00 Nutritionist Annie: Nutrition Knowledge	28  「ZEN28 Chinese Community」 Workout At Home 3
29	30	31				