

BODY TORQUE ASIA

5/F Foo Sang Building, 69 Wing Lok Street, Sheung Wan, Hong Kong
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The Hong Kong Golf Club - Deep Water Bay 2021

Health & Fitness Activity Classes

Personal Training

- Muscle imbalances
- Posture correction
- Functional training
- Weight loss & maintenance
- Sports specific training
- Core training

Individual: HK\$845/hour, HK\$2,345 for 3 sessions or HK\$7,810 for 10 sessions

Group: HK\$460/hour each or HK\$4,225 for 10 sessions each

Instructor

Mr Sky Kong

Ms Chloe Yip

Ms Mary Wong

Summer Swimming Lessons/Baby & Parent Swimming Class

Mr Felix Wong

Private tuition HK\$845/hour or HK\$7,810 for 10 sessions (1 hour per session)

Private tuition HK\$590/half hour or HK\$5,200 for 10 sessions (Half hour per session)

Group: HK\$460/hour each or HK\$4,225 for 10 sessions each (1 hour per session)

For further details and bookings contact the DWB Reception or Body Torque Asia Office at 2537 9295. All Body Torque Asia Trainers are fully certified.