2025/26 Cycle 2 Community activities

Day	Activities	Time	Room	Coach Name
Monday	Kettlebell	6:15-7:15	H302A	Patrick Heckelmann
	Kettlebell	8:00-9:00	H302A	Patrick Heckelmann
	Hatha Yoga	8:30-9:30	Dance Studio	Ray Shin
	English Beginner	8:30-10:00	H302B	Lucy Zhan
	Kettlebell	9:15-10:15	H302A	Patrick Heckelmann
	Photography (Unlock your creativity)	12:30-15:00	H302B	Laurence Chellali
	Kettlebell	16:30-17:30	H302A	Patrick Heckelmann
Tuesday	Early morning Taichi	6:30-7:30	Dance Studio	Angela Fox
	Gym workout (Advanced)	8:00-9:30	Fitness room	Patrick Heckelmann
	Zumba Aerobic Dance Beginner	8:15-9:15	H302A	Jill Liang
	English intermediate	8:30-10:00	H302B	Lucy Zhan
	Mandairn	10:00-11:00	H302B	Lilian Li
	Gym workout	16:30-18:00	Fitness room	Patrick Heckelmann
Wednesday	Gym workout	6:15-7:15	Fitness room	Patrick Heckelmann
	Gym workout (Beginner/Intermediate)	8:00-9:30	Fitness room	Patrick Heckelmann
	Sharpening a Photographic Eye	8:30-11:00	H302B	Laurence Chellali
	Hatha Yoga	8:30-9:30	Dance Studio	Ray Shin
	Sharpening a Photographic Eye, Advanced	13:30-15:30	H302B	Laurence Chellali
	Workout	16:30-17:30	H302A	Patrick Heckelmann
	Iyenger Yoga	16:30-17:30	Dance Studio	Xiao Fang Li
	Aquagym	17:30-18:15	Pool	Laura valseriati
Thursday	Workout	6:15-7:15	H302A	Patrick Heckelmann
	Early morning Taichi	6:30-7:30	Dance Studio	Angela Fox
	Workout Advanced	8:00-9:00	H302A	Patrick Heckelmann
	Mandairn	8:15-9:15	H302B	Lilian Li
	Zumba Aerobic Dance Intermediate	8:30-9:30	Dance Studio	Jill Liang
	Workout Beginners	9:15-10:15	H302A	Patrick Heckelmann
	FlexMobility	16:30-17:30	H302A	Patrick Heckelmann
Friday	FlexMobility	6:15-7:15	H302A	Patrick Heckelmann
	FlexMobility	8:00-9:00	H302A	Patrick Heckelmann
	Traditional Chinese Medicine	8:00-10:00	H302B	Zenia Chen
	Taichi	8:30-9:30	Dance Studio	Carol Liao
	FlexMobility	9:15-10:15	H302A	Patrick Heckelmann
	Taichi Jian	10:00-11:00	Dance Studio	Carol Liao
Saturday	Aquagym	11:00-11:45	Pool	Laura valseriati

To sign up, please scan the QR code on each poster to add the instructors

Workout classes

Monday:

06:15-07:15 Kettlebell/Bodyweight work out
08:00-09:00 Kettlebell/Bodyweight work out (advanced)
09:15-10:15 Kettlebell/Bodyweight work out
16:30-1730 Kettlebell/Bodyweight work out



Tuesday:

08:00-09:30 Gym workout (advanced) (full)
16:30-18:00 Gym workout

Wednesday:

06:15-07:15 Gym workout
08:00-09:30 Gym workout (Beginners/Intermediate)
16:30-1730 Workout

Thursday:

06:15-07:15 Work out
08:00-09:00 Work out Advanced (full)
09:15-10:15 Work out (Beginners)
16:30-1730 FlexMob

Friday:

06:15-07:15 FlexMob
08:00-09:00 FlexMob
09:15-10:15 FlexMob



Please contact Patrick for more information

THAF Patrick

Scan QR code to add me

Whole Body FlexMob class

In our modern lives with sitting in chairs and couches, using devices like mobile phones and computers, aging related loss of muscles and strength, causes our posture and muscles to change and joints to stiffen. As a result, we experience restrictions in our movements and flexibility.

In the class we are applying neuromuscular research, science, anatomy, yoga, martial arts and gymnastics exercises to not only restore our previous mobility, but also to even improve it.

The class is open to all levels.

Kettlebell Workout

A kettlebell workout is a form of exercise that utilizes kettlebells (which are cast iron weights shaped like a ball with a handle) to perform a variety of dynamic, full-body movements. These workouts are known for building strength, endurance, and improving cardiovascular fitness. Kettlebell exercises engage multiple muscle groups simultaneously, making them an efficient way to train the entire body.

Gym Workout

In our gym (weight)workout, also known as strength or resistance training, we do a circuit using free weights, machines and other equipment to build muscle strength and endurance. It can also improve overall health by increasing muscle mass, bone density, and metabolism. Weight training involves performing exercises that challenge your muscles, causing microscopic tears that are repaired and rebuilt stronger

Workout

Work out: we will have 12 exercise stations with various exercises for different muscle groups, skills and movements. The exercises are on time, 40s of exercise with 20s of rest. We do 3 cycles per class. We use various tools to enhance the bodyweight exercises. Each exercise has several progressions to fit the individual needs. Previous experience is not required.

ADULT ENGLISH
成人英语课程
성인 영어 수업

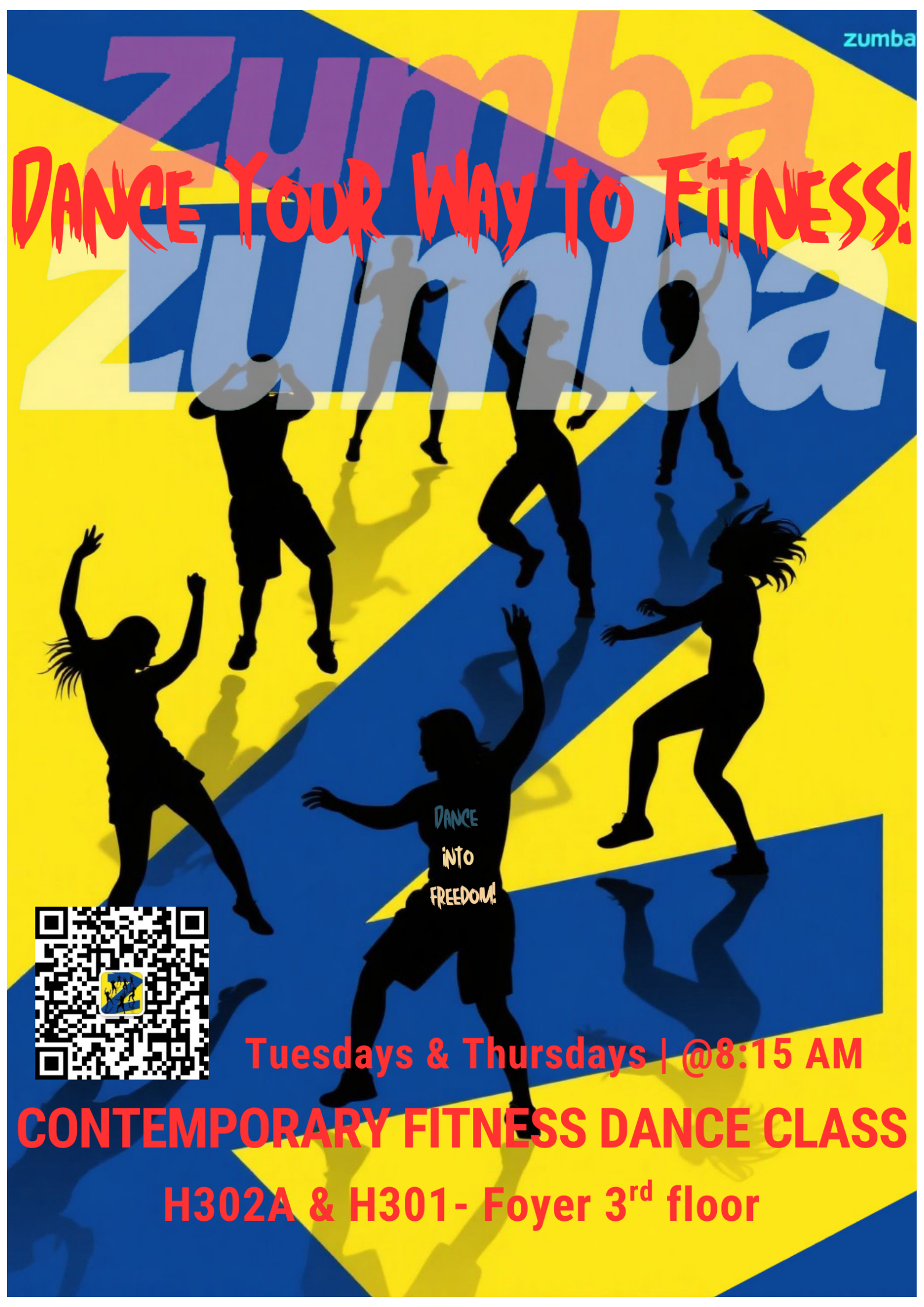
Beginners
初级班 초급반

中级班 중급반
Intermedia

1.5 hours every week

每周一个半小时

일주일에 한 시간 반


zumba
DANCE YOUR WAY TO FITNESS!
zumba
zumba
DANCE
INTO
FREEDOM!
Tuesdays & Thursdays | @8:15 AM
CONTEMPORARY FITNESS DANCE CLASS
H302A & H301- Foyer 3rd floor

PHOTOGRAPHY

Unlock your creativity



Schedule

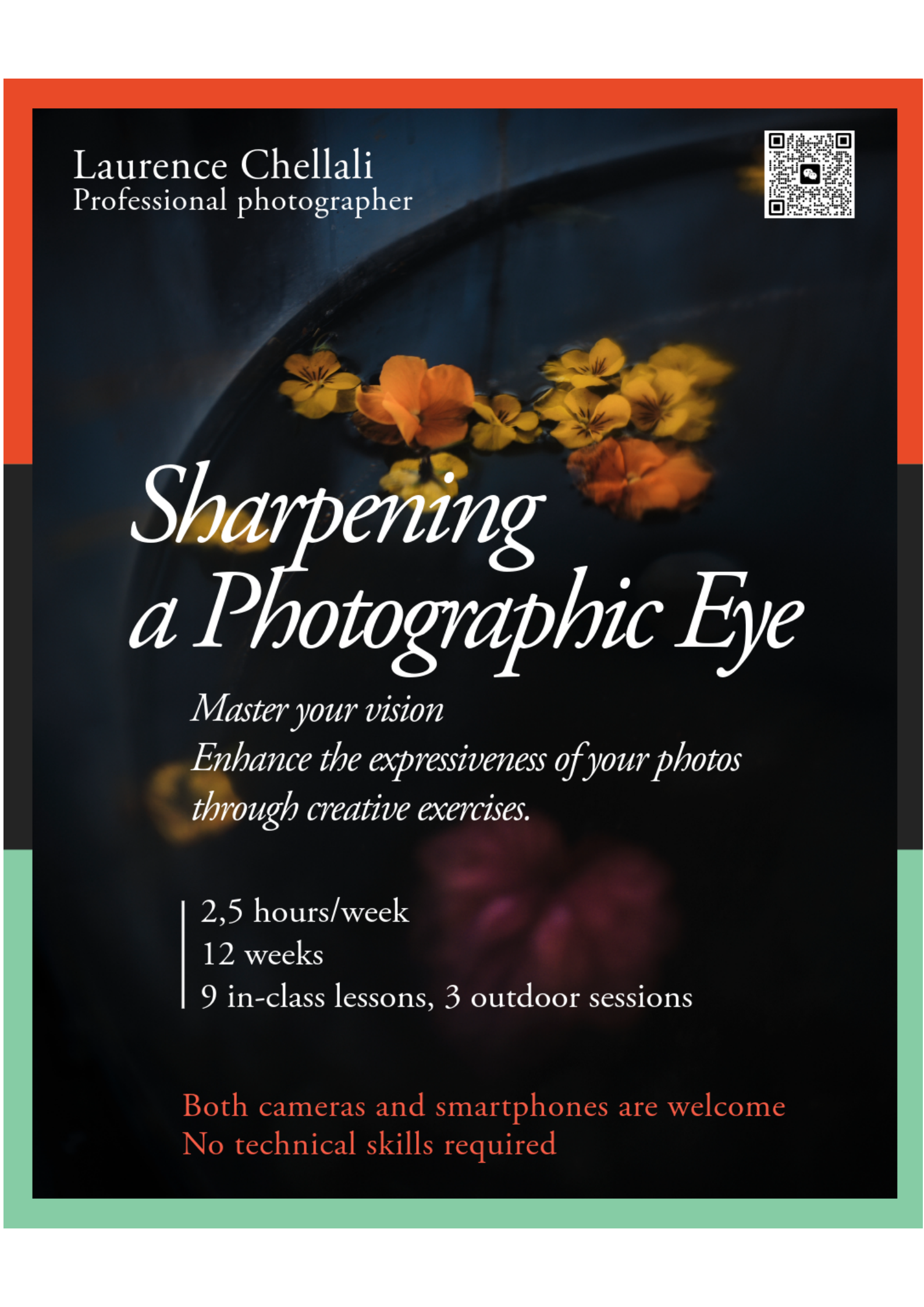
- 2 hours/week
- 8 weeks
- 5 in-class lessons
- 3 outdoor sessions

MASTER YOUR CAMERA

and take control of every shot

Laurence Chellali offers workshops that help participants truly understand how their camera works and how to use it with confidence and intention.

These courses are designed to guide each participant in developing their photographic eye while mastering the essential technical skills needed to bring their vision to life.


Laurence Chellali
Professional photographer
Sharpening
a Photographic Eye
Master your vision
Enhance the expressiveness of your photos
through creative exercises.
2,5 hours/week
12 weeks
9 in-class lessons, 3 outdoor sessions
Both cameras and smartphones are welcome
No technical skills required

This workshop helps participants unlock the full potential of a photographic scene through practical exercises on composition, framing, light, color, and form. Designed for photographers who wish to refine their creative vision before focusing on technical mastery, it emphasizes seeing over setting.

Laurence Chellali guides learners to understand that great photography doesn't come from equipment, but from the way one chooses to reveal the world.

Whether you're a beginner or an experienced photographer, this workshop invites you to slow down, observe, and rediscover the creative essence of photography.

> **For those seeking to focus solely on the technical aspects and want to learn how to use their camera, Laurence Chellali offers specialized courses dedicated to this topic.**

Workshop Framework

A theme per session
Every session presents a new theme, inspiring participants to explore and practice throughout the week. Laurence Chellali will illustrate the theme with compelling visual materials and concrete examples for deeper insight.

Photo Review & Feedback
The second part of each session is dedicated to analyzing the photos submitted by participants. Laurence Chellali will highlight the strengths of each participant's work while providing real-time feedback and guidance. This interactive exchange is essential for understanding individual strengths and areas for growth.

Outdoor Shooting Sessions
Each workshop includes tree outdoor shooting activities. These sessions provide a valuable opportunity for participants to apply what they've learned in a real-world setting, with on-site guidance from Laurence Chellali.

Sharpening a Photographic Eye

For advanced photographers

Technical skills required



2,5 hours/week
12 weeks
9 in-class lessons
3 outdoor sessions

ENHANCE THE EXPRESSIVENESS OF YOUR PHOTOS

Laurence Chellali
Professional photographer

Workshop Framework

Each session introduces a new theme illustrated with visual examples, encouraging participants to explore and practice throughout the week.

Photo reviews with personalized feedback help each learner progress and refine their vision.

Three outdoor shooting sessions allow participants to apply what they've learned in real-life conditions, guided by Laurence Chellali.

This workshop helps participants unlock the full potential of a photographic scene through practical exercises.

Designed for photographers who wish to refine their creative vision and develop a keen photographic eye, it emphasizes perception and interpretation over technical mastery.

Laurence Chellali guides learners to explore how to reveal the world in a unique and personal way through their images.

This workshop follows the introductory course and is intended for participants who have already mastered their camera settings.

A good understanding of technique is essential, as several themes involve more advanced photographic concepts.

Both cameras and smartphones are welcome

hatha yoga

extended schedule for pfrang

mondays
8:30-9:45am
(75mins)

wednesdays
8:15-9:30am
(75mins)

Each session will run with 5–15 participants.

I'll post updates in our WeChat group — please book your spot ahead of time and send the 60 RMB/session payment via WeChat before class.



@ the NIS
Dance Room

all profits go to

Pfrang Association

SCAN or contact Ray

HATHA YOGA

find strength in stillness,
power in breath

@ NIS Dance Room
Max. 15 participants

Monday
8:30-9:45am
(75mins)
9 sessions

Wednesday
8:15-9:30am
(75mins)
8 sessions

The course will start on March 16, 2026.
More detailed schedule will follow.
Please contact Ray S for more information.

Culture related Practical Chinese Chinese for Parents: 15-Week Starter Course





生活中文

Daily Life Chinese

Thursday 8:15-9:15am

李亮 lilian
江苏 南京

扫一扫上面的二维码图案，加我为朋友。

豆包AI生成

practical advanced chinese course

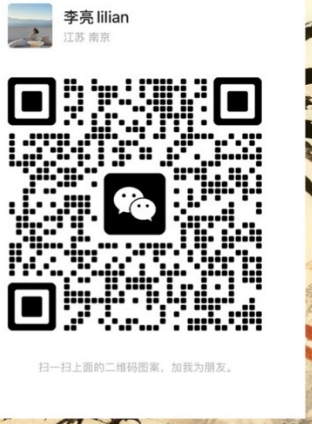
HSK3 and above

15-week program

Tuesday 10am-11am

Location

H302B



Taichi Class

08:30-9:30 Taichi chuan



TaiChi blends movement and meditation. It enhances balance, flexibility, and strength while reducing stress, promoting holistic mind-body wellness.

太极拳融合运动与冥想。它能增强平衡、柔韧和力量，同时减轻压力，促进身心整体健康。



10:00-11:00 Taichijian (Taichi Sword)

Taiji Jian practice enhances precision, grace, and mental focus. It improves coordination and balance while cultivating a calm, disciplined spirit.

太极剑修炼精准、优雅与精神专注。它能提升

For join Class starts Jan 23rd ~ May 29th 8 seats only for each class Taichi class, please add Carol's WeChat for more information. 欲加入太极拳课程，详情请添加 Carol 的微信

Carol
Montreal, Canada

Scan QR code to add me



TCM Class:
Become the Guardian of Your Family's Health

中医课堂：做身体健康的守护者

课程时间 | Time

·每周五上午 8:10 - 9:40

·Every Friday, 8:10 - 9:40 AM

·共10节课 | 10 Sessions in Total

- 08节核心理论课 | 8 Core Theory Classes
- 02节互动实践课 | 2 Interactive Practice Sessions

授课讲师 | Instructor

·陈医生 | Dr. Zenia Chen

·zeniachen@163.com

赋能家庭健康主导者。运用中医智慧，
化解常见不适，将安康掌握于手。

Empower your role as the leader in family wellness.
Apply TCM wisdom to resolve common ailments and
hold the reins of health in your hands.

课程核心内容 / Course Curriculum
教学特色 / Pedagogy

案例驱动，理实融汇
Case-Based Learning, Integrated Theory & Practice

系统模块 / Systematic Modules

1.中医基础理论
TCM Foundations
构建中医思维，理解人体阴阳气血
Build a TCM mindset: understand Yin-Yang, Qi, and Blood

2.经络穴位与刺激疗法
Meridians, Acupoints & Stimulation Techniques
· 经络理论与关键穴位定位
(Meridian theory & key acupoint location)
· 艾灸：温经散寒，扶阳固本
(Moxibustion: Warm channels, strengthen vitality)
· 刮痧：出痧透邪，疏通经络
(Gua Sha: Release pathogens, unblock meridians)
· 火龙罐：综合灸、刮、熨烫，温通调补
(Fire Dragon Cupping: Combined warming & regulation)

3.实用中医疗法与功法
Practical TCM Therapies & Exercises
· 小儿推拿：儿童常见问题的绿色调理
(Pediatric Tui Na: Natural care for common childhood issues)
· 八段锦：调息导引，强健脏腑
(Ba Duan Jin: Regulate breath, strengthen organs)
· 中药与食疗：药食同源的家庭应用
(Herbs & Dietetics: Food as medicine in daily life)

4.常见病多发病调理
Managing Common & Frequent Conditions
感冒、咳嗽、头痛、失眠、颈椎病、更年期综合征、功能性消化不良等
Colds, cough, headache, insomnia, cervical spondylosis, menopausal syndrome, functional dyspepsia, etc.

5.中医美容与全人调养
TCM Beauty & Holistic Wellness
以内养外，焕发自然光彩
Inner wellness for outer radiance

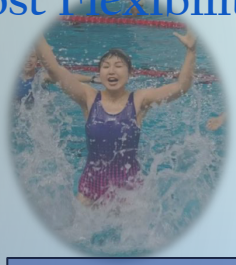
Improve Balance

Boost Flexibility









Fun and Engaging

Tone your Body

Join

aquagym

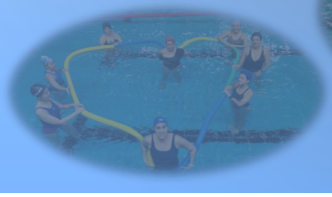
with certificated instructor Laura

Aquagym is an excellent choice for anyone looking to improve their fitness in a safe and enjoyable environment.

No swimming skills needed. Aquagym is for all ages and fitness levels. Get fit, have fun, and enjoy the water

Stress Relief

Low impact fitness









Burn calories

Build Endurance

Iyengar Yoga

时间&地点

- Wednesday 16:30-17:30
  Dance Studio H301
  13 weeks

Iyengar Yoga 简介

- 艾扬格瑜伽是由印度瑜伽大师艾扬格（B.K.S Iyengar)创立和教授的瑜伽课程，并且以他的名字来命名的，它非常注重人体正确的摆放，生理结构，骨骼肌肉的功能等，强调体位动作的精准。

习 练 特 点

- 艾扬格瑜伽讲究灵活练习，避免格式化教学，根据每个人的情况有不同的标准。精准的练习有利于矫正身体，同时有理疗缓解伤病的效果，适合初学者，体弱入门者和身体僵硬的人群，同时也适合需要提高体位质量的练习者。

扫码了解详情