

# 十月份 节目表 / OCT 2018 ACTIVITIES

十月份目标 /OCT FLORASANTE Concept :  
决定/DECISION

SUN	MON	TUE	WED	THU	FRI	SAT
休息/OFFICE OFF			照常营业/OFFICE OPEN AM 10- PM 6	关于死菌和半 断食法 2 /DEAD BACTERIA & Half day Fasting 2	舞蹈运动/ DANCING EXERCISE	关于乳酸菌生 & 半断食法 3 /ProBiogenics & Half day Fasting 3
7	8	9 AM 1030- PM 1900 于潘秀霞老 师会面/1 to 1 with ANNA TEACHER	10 素-红萝卜料理/ VEGAN- CARROT DISHS	11 日语 PM 2-PM 4 使える日本語 歌唱&日常日语学习/Sing & Easy Japanese language class	12 制作爱心便当/CREATE LOVELY BENTO	13 舞蹈运动+简单饭团/ DANCING EXERCISE+ONIGIRI LUNCH
14	15	16	17 黑蒜+酸奶制作/ BLACK GARLIC+YOGURT MAKER	18 日语 PM 2-PM 4 使える日本語 歌唱&日常日语学习/Sing & Easy Japanese language class	19 水果装饰/ FRUITS DECO	20 拉筋运动+豆腐三文治/ Rubber Stretching+TOFU HAMBURGER SANDWICH
21	22	23	24 素-牛蒡+南瓜料理制作/ VEGAN-BURDOCK+PUMPKIN DISHS	25 养生功/ YANG SHENG GONG EXERCISE	26 关于乳酸菌生产物质 & 肠/ProBiogenics & Intestines	27
28	29	30	31 大家聚会-健康餐/ MEET UP- HEALTHY MEALS			

Atrix Building, 82 Lorong 23 Geylang, #05-01, Singapore 388409

新加坡分行网页/Singapore office : <http://www.florasante.com>

总公司网页/Tokyo Main office : <http://www.nihon-bio.co.jp/>

All Anna Class listed above will be conducted here in #05-01.

预约联络号码/Seminar Register Tel/Wassap/Line/Wechat:

办公室/Office:67348711

手机/Mobile:83820653

营业时间/Working Hours: Mon - Fri AM 10:00 - PM 18:00