





Exclusive for Taikoo Social app users. Download and register NOW!



Energy Bar Workshop

7 Tue	12:30-13:30 The Loop G/F Devon House
9 Thu	12:45-13:45 The Pavilion G/F One Taikoo Place
15 Wed	12:30-13:30 The Loop G/F Devon House
23 Thu	12:45-13:45 The Pavilion G/F One Taikoo Place
27 Mon	12:30-13:30 The Loop G/F Devon House

Art Craft Workshop

7 Tue	12:45-13:45 The Pavilion G/F One Taikoo Place
24 Fri	12:45-13:45
28 Tue	The Loop G/F Devon House

Cooking Workshop	
8 Wed	
10 Fri	12:30-13:30
16 Thu	The Loop G/F Devon House
23 Thu	

Featuring

ArtisTree

Windmill Grass Theatre Back Stage Tour

1	4
T	ue

12:30-13:30 1/F Cambridge House

Hong Kong Youth Arts Foundation **Open Rehearsal**

22 Wed

12:30-13:30 ArtisTree 1/F Cambridge House



Circuit Training

12:45-13:45

Mon	G/F One Taikoo Place
15 Wed	12:45-13:45 Joint Dynamics 12/F Dorset House
22 Wed	18:30-19:30 Joint Dynamics 12/F Dorset House
28	12:45-13:45 The Pavilion

Running

9 Thu	07:30-08:30 The Pavilion G/F One Taikoo Place
15 Wed	12:45-13:45 The Pavilion G/F One Taikoo Place
27 Mon	07:30-08:30 The Pavilion G/F One Taikoo Place

Featuring



Panel Discussion Sustainability X Wellness

8	
Wed	

12:45-14:00 Blueprint 2/F Dorset House

Featuring

THE GREAT ROOM

Panel Discussion **Future Workspace**

15 Wed

18:00-19:30 The Great Room 23/F One Taikoo Place

Content Planner



Panel Discussion Employee Engagement

24

12:45-14:00 The Pavilion G/F One Taikoo Place



CircuitKore Bodyweight

8 Wed	The Pavilion G/F One Taikoo Place
15 Wed	07:30-08:30
29 Wed	The Pavilion G/F One Taikoo Place

YogaSculpt

V Wed	07:30-08:30
22	The Pavilion
Wed	G/F One Taikoo Pla

CircuitKore Signature

9 12:45-13:45 H-Kore Thu 12/F Dorset House
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Yoga Flow

9	19:00-20:00 H-Kore
Thu	12/F Dorset House

Tabata Challenge

14	12:45-13:45
14	The Pavilion
Tue	G/F One Taikoo Place

H-Kore Basics

16	07:45-08:30 H-Kore
Thu	12/F Dorset House
00	10/5 10:00

Z3

Breathing & Meditation

23	19:00-20:00 H-Kore
Thu	12/F Dorset House

Plank Challenge

27	12:30-13:30
4	The Pavilion
Mon	G/F One Taikoo Plac

- **TERM & CONDITIONS** Registration is only available for Taikoo Social users on a first-come-first-served basis.
- Should any disputes arise, the decision of Swire Properties shall remain final.
- All offers and services are subject to relevant terms and conditions. For details, please refer to Taikoo Social and Taikoo Place website.
- Programme is subject to change without further notice.

Yoga Therapy 07:30-08:30 The Pavilion G/F One Taikoo Place 28

Hatha 1	
8 Wed	18:30-19:30 PURE Yoga 4/F Lincoln House
14 Tue	07:30-08:30 The Pavilion G/F One Taikoo Place
15 Wed	18:30-19:30 PURE Yoga 4/F Lincoln House
23 Thu	07:30-08:30 The Pavilion G/F One Taikoo Place
Footuring	

Featuring



Tabata

10	12:45-13:30
IU	The Pavilion
Fri	G/F One Taikoo Place

Latino Jam

16	12:45-13:30
IU	The Pavilion
Thu	G/F One Taikoo Place

Circuit Blitz

20	18:35-19:30 PURE Fitness
Mon	5/F PCCW Tower

Hip-Hop

9	12:45-13:30
7	The Pavilion
/ed	G/F One Taikoo Place

MAY 2019

TAIKOO PLACE

Welcome to explore the best of Taikoo Place!

IMPOSSIBLE

Impossible Foods
Lunch Time Pop-Up

6-17
Mon-Fri

PICI
11:30-14:30
Tong Chong Street

HONBO
11:30-14:30
Tong Chong Street

Powered by KRUG CHAMPAGNE KRUG Pop-Up Bar by The Refinery 6-9 17:30-22:30 The Pavilion Mon-Thu G/F One Taikoo Place 14-16 Tue-Thu by Sugar 20-24 17:30-22:30 The Pavilion Mon-Fri G/F One Taikoo Place 27-29 Mon-Wed

PROJECT AFTER

Lunch Time Gigs
by PROJECT AFTER 6 Alumni

20–22
Mon-Wed

12:45-13:45
The Pavilion
G/F One Taikoo Place

