May Events 2017

Morning Workshop: 10:30am – 12noon
Afternoon Workshop: 2pm – 3:30pm
Evening Workshop: 7pm – 8:30pm

Sprout lifestyle
growing healthy habits

RETAIL STORE & COOKING STUDIO
零售店 & 烹饪教室

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
10:30 am 2:00 pm 7:00 pm	1	2 Rainbow Salads *Vegan (Fannie/Ch)	3 *10-Week TCM Level 1 10:00-12:30	4	5 Magic Tempeh *Vegan (Fadzi/Eng)	6 Colorful Noodles *Vegan (Cheryl/Eng+Ch) *Special Workshop - All about Brownie (Fannie/Ch)	7
10:30 am 2:00 pm 7:00 pm	8	9 Using Fresh & Dried Spices *Vegan (Fannie/Ch)	10 *10-Week TCM Level 1 10:00-12:30	11	12 *Special Workshop- Spring Salads (Inge/Eng)	13 *Special Workshop - All about Matcha*Vegan (Cheryl/Eng+Ch)	14
10:30 am 2:00 pm 7:00 pm	15	16 * Special Workshop - Summer Light Lunch *Vegan (Fannie/Ch)	17 *10-Week TCM Level 1 10:00-12:30	18	19 *Special Workshop- Delicious Salads (Inge/Eng)	20 *Special Workshop – Kids in the kitchen (Kimberly/Eng+Ch)	21 * Special Workshop - Female Hormone (Queenie/Eng+Ch)
10:30 am 2:00 pm 7:00 pm	22	23 *Special Workshop- Summer Light Dinner *Vegan (Fannie/Ch)	24	25	26 Healthy Bean Soups *Vegan (Fadzi/Eng)	27 *Special Workshop – All about Raw Chocolate (Cheryl/Eng+Ch) *Special Workshop – Thai Curry (Wassy/Eng)	28
10:30 am 2:00 pm 7:00 pm	29	30 *Special Workshop – Southeast Asian Cuisine (Fannie/Ch)	31				
10:30 am 2:00 pm 7:00 pm					**Please follow our Wechat for full schedules and details** **Website:** www.sproutlifestyle.com **Wechat:** Sproutlifestyle **Email:** events@sproutlifestyle.com **Hotline:** 4008-215-190 (10am-7pm) **Sprout Lifestyle reserved the rights to change the schedules**		