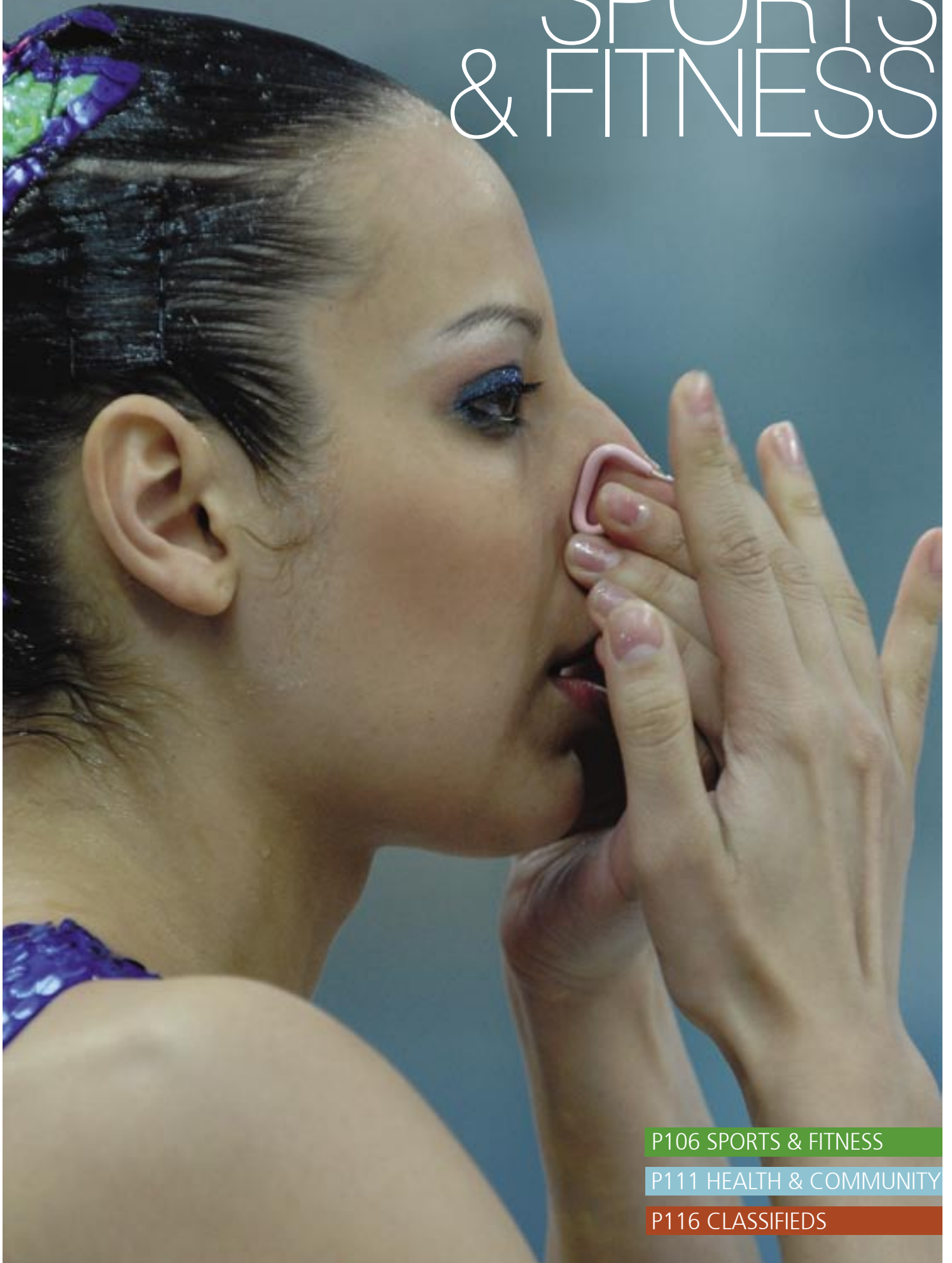


SPORTS & FITNESS



P106 SPORTS & FITNESS

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Sports & Fitness

All event listings are accurate at time of press and subject to change
For team and venue details, see directories, p109
 Send events to listings@thebeijinger.com by **Sep 7**



Sep 16: Beijing Guoan vs. Changchun Yatai
 Going all the way? See listing, this page.

Tianjin's footballers took world headlines last month as the entire team was disqualified from the upcoming **National Games**. Their protests with a referee turned violent and he had to flee the stadium. The Chinese Super League then resumed in earnest. The pick has been the addition of Dutchman **Arie Haan** as **Chongqing** coach. The former China national team manager first oversaw a racially motivated brawl rather than a friendly; admittedly it was his own side's player who bore the brunt of the ugliest side of the game. Then he got himself in hot water with his reaction to a late penalty against his side. He proceeded to offer the referee a wad of RMB 100 bills and asked **"You want money, huh?"** The brilliant irony is that the penalty was missed by Beijing Guoan's **Joel Griffiths** as the league leaders slumped to a 3-2 defeat away at Haan's boys. Irony wasn't enough for the authorities; they handed Haan a three-match ban and an RMB 15,000 fine. Ouch.

Also saying ouch were the players of the visiting **Australia Women's Under-19** football team. Their Asia U-19 Championships group match against China in Wuhan finished controversially with the Aussies denied a late penalty in a **2-1 defeat** to the hosts. When Australia's Jessica Seaman was dismissed on full time, a bench-clearing brawl ensued; the Wuhan crowd joined in by pelting the visitors with water bottles as they left the pitch. Bad enough – but some of the Australia team were **just 15 years old**. As an aside, the Chinese team lost 1-0 to South Korea in the next round.

Two more Chinese football fans did themselves little credit upon spotting **Inter Milan's Patrick Vieira** at Silk Street market. One fan greeted him with **"Kobe!"** before his friend said **"Come on, that's not Kobe. That's Eto'o."**

Thankfully, all of that is in the past and we can carry on with some real sport. **Beijing Guoan** are in a great position to win their first-ever CSL championship; if they do, the party will be something to behold. Also, all of the non-summer team sports in Beijing resume this month, which is great news if you want to get fit and meet some pals. Plus there's more sport than ever on the TV, notably European football leagues and the Champions League. Be prepared to spend some more time down the pub.

Look out for the **Beijing Open** and **Beijing Marathon** in October. You can register for the latter at www.beijing-marathon.com. We'll have more on both events next month. *Jonathan White*

Aug 31-Sep 13

US Open

The stars of world tennis head to Flushing Meadows to battle for the American Grand Slam title. Times at www.usopen.org

Sep 5

Beijing Devils Registration Night

A chance to get a Den card and, if you're drunk enough, to join a rugby team. All welcome. 4pm. The Den (6592 6290)

Chinese Super League:

Beijing Guoan vs. Shaanxi Chanba

The Northwestern Wolves come to upset the local boys. Ticket at 5128 8888 or 6551 4566. RMB 30-100. 7.30pm. Workers' Stadium (6501 6655)

World Cup Qualifiers

Domestic campaigns pause, again. Including Poland vs. Northern Ireland. 10pm.

Sep 5 & 6

Following Your Heart Workshop

Join visiting teacher Cameron Tukupua to find inner stillness. See www.elementalspirit.co.nz. RMB 750, RMB 380 (Sat only). 12.30pm. Yoga Yard (6413 0774)

Sep 9

World Cup Qualifiers

Including England vs. Croatia and Scotland vs. Netherlands. 2.30am.

Sep 12

Premier League

Manchester City play Arsenal, then Tottenham Hotspur vs. Manchester United. 10pm.

Sep 13

Italian Grand Prix

Monza plays host to the latest installment of the F1 season. 8pm.

Sep 15-16

Champions League

It's back. Who will end the long campaign with Barcelona's crown? 2.45am.

Sep 16

Chinese Super League:

Beijing Guoan vs. Changchun Yatai

Beijing won 6-2 last time. Expect revenge. Tickets at 5128 8888 or 6551 4566. RMB 30-100. 7.30pm. Workers' Stadium (6501 6655)

Sep 18

Beijing Devils vs. Aardvarks

Rugby is back with a bang. To join the Devils, email beijingdevils@gmail.com or call Josh at 158 1110 0430. Details at www.beijingdevils.com

Sep 19

Beijing Australian Football League

Autumn Season

The second round of matches of Aussie rules. Info at beijingfooty@yahoo.com

Premier League

Burnley host Sunderland, followed by six games, then West Ham vs. Liverpool. 7.30pm.

Sep 20

Premier League

Manchester City visit Manchester United, followed by Chelsea vs. Tottenham. 8.30pm.

Sep 25-27

Yin and Yang Yoga with Simon Low

One of the UK's most popular teachers hosts a series of weekend workshops. Starts Fri, Sep 25 at 8pm. RMB 390 per session, RMB 1,800 (all five sessions). Yoga Yard (6413 0774)

Sep 26

AFL Grand Final Party

Live televised action of the peak of professional Aussie rules. Info at beijingfooty@yahoo.com. Time TBD. Danger Doyle's (6591 3337)

Premier League

An action-packed weekend of football starts with Portsmouth vs. Everton at 7.45pm.

Sep 27

Singapore Grand Prix

It's back to Asia for the Formula 1 set. Time TBD.

Sep 29-30

Champions League

The second matchday of the group stages. 2.45am.

Every Mon & Tue

Pilates

Work the mind and the body. RMB 90. 7.40pm. Yin Yang Community Center (6431 2108, yinyangbeijing@yahoo.com)

Every Mon, Wed, Fri & Sun

Vinaya Yoga

Learn from yoga veterans. Price TBD. 9.30am. Yin Yang Community Center (6431 2108, yinyangbeijing@yahoo.com)

Every Tue

Gaelic Football

Men's and women's practice games. All skill levels are welcome. Details at beijinggaa@yahoo.com or www.beijinggaa.org. 7-9pm.

Every Tue & Thu

Beijing Devils Training

Rugby training out at Dulwich Legend Gardens, Shunyi. Free bus leaves The Den at 7.15pm.

Every Wed & Thu

Nia

A brand-new fusion of lifestyle and fitness. RMB 110 (one class), RMB 800 (eight classes). 6.45pm (Wed), 8.30am (Thu). Yin Yang Community Center (6431 2108, yinyangbeijing@yahoo.com)

Every Wed, Sat, Sun

Beijing Hikers

Join the club for rated rambles outside the city. Call ahead to inquire about the hike's degree of difficulty. RMB 250 and upwards, RMB 150 (kids under 12). Leave 8.30am sharp from the Starbucks at the Lido Holiday Inn. (5829 3195, info@beijinghikers.com) www.beijinghikers.com

Tango

Learn from Alejandro and Camila. RMB 120 per class. Private lessons available. See www.camillaye.com or call 8552 5228.

Every Wed & Sun

Badminton

Shuttlecock shenanigans for non-beginners. 7-10pm (Wed), 10-12am (Sun). Details at johnsk_ho@hotmail.com.

Every Thu

Handball

Everyone is welcome. Contact Guillaume at 159 0136 4769. Pitch costs are shared. 8pm. Muxiyuan Sports Technology School. www.handballinchina.com

Ladies Golf

Beijing's avid lady golfers play weekly at a local course. RMB 290 (includes green fees, caddy and lunch). Tee-off time is 9.30am. beijingladiesgolf@yahoo.com or www.beijingladiesgolf.org

Taijiquan

Traditional taijiquan for the masses who have mornings off. RMB 100. 9.30am. Yin Yang Community Center (6431 2108, yinyangbeijing@yahoo.com)

Every Thu & Sun

Argentinian Tango Classes and Milonga

Beijing Tango hold one-hour classes for beginners and intermediates followed by a milonga, or tango dance party. RMB 50. 8pm. Info at Beijing.tango@yahoo.com. Sino-Chu Wine Bar (8532 2418)

Every Fri & Sun

Body Pump

A fitness-boosting, calorie-burning session. Reservation required. RMB 80 (one class), RMB 900 (12 classes). 9.30am. Yin Yang Community Center (6431 2108, yinyangbeijing@yahoo.com)

Go Golf Friday

Find out why you swing to the left with a free assessment. Free. 5-7pm. SGA Golf Academy (400 650 5169)

Salsa

Fun for beginners and intermediates is the name of the game. Courses: RMB 490 (beginners), RMB 390 (intermediates). 9.30am. Yin Yang Community Center (6431 2108, yinyangbeijing@yahoo.com)

Every Sat

Field Hockey

Beijing Hockey Club bully-off for the season. For more info, e-mail Peter at bjhockeyclub@hotmail.com. 1pm. Beijing Olympic Center

Hiking

Get out in the great outdoors. For a long walk. Prices and times vary. U-DO Adventure (136 1124 1407) www.uodoadventure.com

Every Sat & Sun

IFFC Football Leagues

Action from the Premiere and First Divisions at Si'de Park. For more info on participating or watching contact rob@iffc1994.com.

The TREK Peloton

Rental bikes are available. Riders are divided into groups based on fitness levels and speed. More information at tom@cyclospportschina.com or at www.cyclospportschina.com.

Every Sun

Beijing Cricket Club

Howzat? Join in the Santa Fe

league at any point during the season, which runs until October. Details at info@bjcricketclub.org or www.bjcricketclub.org. RMB 100 per match. 12.30pm. Dulwich Legend Gardens Campus. Free bus leaves from the Den at 11.30am.

Gaelic Football

Men's and women's practice games every Sunday; all skill levels are welcome. Details at beijinggaa@yahoo.com or www.beijinggaa.org. Noon-2pm. WAB (8456 4155)

Hash House Harriers

Run every Sunday, then drink like a sailor on leave. Meet at Tim's Texas Roadhouse at 1pm. Runs usually last an hour, covering about 7-8km. Each run is RMB 20 and includes beer and water along the way. www.hash.cn

Touch Rugby

You can practice touching on the free bus from The Den. www.beijingdevils.com

Women's Lacrosse

Practice takes place every Sunday at 10am. Equipment is provided. Cost of pitch fees shared. Contact Fiona at fionaboyle66@hotmail.com.

Women's Soccer

The Odds and Ends are Beijing's only amateur 11-a-side football team for women. Suitable for all, some experience preferred. RMB 50. 1pm. China Geosciences University. Contact Wenhui at 8526 2420 ext 111 or wf7788@hotmail.com.

All month

Beijing Ultimate

Played daily at venues across town. Meet likeminded flingers of plastic discs for fun times. www.beijingultimate.com

ClubFootball Men's 5-a-side Leagues

Midweek and weekend football tournaments all summer. Venues include Chaoyang and Si'de parks. Midweek games start at 8pm. Info at 5130 6893/4/5/6, or play@wanguoqunxing.com. www.clubfootball.com.cn

Dancing

Mix and match salsa, jive, waltz, flamenco, ballet, cha-cha, hip-hop and belly dance. Classes are limited to ten, with lessons for beginners of all ages. RMB 50 (one class), RMB 4,990 (170 classes). 8pm. Golden Dancing Academy (6708 0167 ext 15) www.goldendancing.com

Take5

MARTIAL ARTS



Mighty Muay Thai

Combat has been around as long as time, and the East has given the world some of its more graceful techniques. Often shrouded in mysticism and linked with a code of honor, these martial arts are known to instill discipline as well as deadly force. Use what you were born with to get all Jackson Pollock over the canvas that is your opponent's body.

Muay Thai

Literally translated as "Thai boxing," the style is known as "The Art of Eight Limbs" for its use of the knees and elbows in addition to hands and feet. Provides outrageous physical conditioning.

Beijing Black Tiger Club Hero. Rm 110, Bldg D, Cable 8 Complex, Zhenzhi Lu (west of Wanda Plaza), Chaoyang District (8656 7818) www.blacktigerclub.com
朝阳区建国路郎家园8号尚8创意产业园D座110英雄馆(万达广场西侧)

Brazilian Jiu-jitsu

Developed in Brazil, funnily enough, after the "art of softness," or "way of yielding" arrived there from Japan. Its ground style has made it a staple of Mixed Martial Arts competition.

Beijing JiuJitsu Academy. Rm 505, 5/F, Bldg 5, Kaixuancheng, 170 Beiyuan Lu, Chaoyang District (5129 5028, 138 0137 8214) www.baxiroushu.com
朝阳区北苑路170号凯旋城5座5层503室

Kendo

The modern "way of the sword" is based on traditional Japanese swordsmanship, which may well come in handy at 3am in Sanlitun. Or not.

Beijing Kendo Club (call for schedule). 3-1 Liangmaqiao Lu, Chaoyang District (139 1177 1871) 朝阳区亮马桥路3-1号

Judo

They say "The Gentle Way" makes you grow. Do so by following founder Dr. Kano's directives of allying "maximum efficiency" with "mutual benefit."

Seidokan Beijing. Mon-Thu 9am-10.30pm, Sat 9am-10.30am. German Embassy School Beijing, 49A Liangmaqiao Lu, Chaoyang District (135 2184 7587) www.judobeijing.com
朝阳区亮马桥路49号德国使馆学校

Wing Chun

Made famous by Bruce Lee. Some lineages say that Wing Chun was created to be used on slippery surfaces like boats, and was actually developed on a traveling opera boat. Ideal for women and the small of stature.

Wing Chun Kung Fu class. Group, private and in-house classes available in and around Chaoyang District. Lessons can be taught in English, Chinese, German or Italian. Contact Lee Kwan Wah (131 2655 3900, wingchun.china@gmail.com)



Aug 31-Sep 13: US Open

Tennis' biggest stars raise a racket. See listing, p106.



UNFINISHED SYNCHRONY

China's rise to the surface in synchronized swimming

by Lisa Liang

Not many know how to dance the tango. Fewer still can contort their bodies to twist and spin like a gymnast. Now imagine doing all of that upside down and underwater, without any help of walls or ground to aid in propulsion. That would be almost as difficult as synchronized swimming.

"Top athletes are judged on making it look effortless," notes Sandra Mahoney, national team director of US Synchronized Swimming. As a result, "people think synchro is easy and it doesn't require intensive training."

In fact, there are multiple levels involved in accomplishing the illusion of ease. First and foremost is breath control. "Top athletes can hold their breath up to and sometimes over a minute," Mahoney explains, though on average swimmers will do so for 30-45 seconds in numerous repetitions during a 3-4 minute routine.

Next is movement control, achieved mainly through the act of "sculling." Imagine a hummingbird hovering in place

by buzzing just its wings at a speed almost invisible to the eye. Synchronized swimmers employ their hands and arms in similar fashion to keep the body suspended in place – even while upside down, spinning around and reversing in direction.

Lastly, these movements must be done in graceful synchronicity with one's teammates. If one person fails to rotate as fast or doesn't strike perfect perpendicularity with her counterparts, the falling out of synchrony becomes painfully apparent.

The Spanish team petitioned for their suits to feature battery-powered lights

Presentation is everything, from the smiles on swimmers' faces in the brief moments their heads come out of the water (despite also needing to use these precious upright seconds to gasp for air) to the

elaborate attire and headpieces that complete the visual display. These aren't your run-of-the-mill swim caps and navy blue maillots – they are elaborate outfits designed specifically to match the music and the movement, accompanied by generous applications of makeup and a decorative hair cap.

Indeed, costume was so important to the Spanish team at the Beijing Olympics that they petitioned for their suits to feature battery-powered lights. The request was denied, but the team still went home with the silver medal, thanks to a vibrant routine performed to African drumming, for which they wore bright red suits with giant tribal heads stitched across the middle, topped off by a multicolored, cornrow-braided hair cap.

Traditionally, Russia, the United States and Japan have dominated the sport, but as of late the latter two have been ousted by Spain and China. Coincidentally, after the "godmother" of Japanese synchronized swimming, Masayo Imura, left her position as coach of Japan's national team to join China in 2006, the Chinese have become a force to be reckoned with.

China's rise in the ranks – and Japan's subsequent fall – began when they demoted the Japanese to second place at the 2006 Doha Asian Games, where China won their first-ever gold medals in the event. This was followed by a bronze medal at the Beijing Olympics, and most recently with four bronze medals and one silver medal at this year's FINA Swimming World Championships in Rome, though the silver in the free combination (coming in second to Spain) was largely attributed to the fact that Russia did not compete in the event.

Russia continues to be universally regarded as rulers of the sport. "We are not saying we are the best – it is just a matter of fact," Russian team member Anastasia Davydova told reporters after their six wins in Rome, during which many a judge awarded them perfect 10s.

"Russia is faster than us in their movements," China coach Wang Jia remarked. "They also have better artistic impressions. We need to work on becoming faster and stronger." Furthermore, team leader Zhang Xiaohuan has observed, "Our dances are probably really beautiful, but other teams have higher difficulty levels."

That different countries are beginning to climb the ladder, however, demonstrates the sport's growing popularity around the world. Four-time Olympic gold medalist Davydova even told reporters after the FINA synchro events in Rome that prior to the competition, she had "feared China and Spain." And with another three years to go until the Olympic Games in London, that leaves plenty of time for either team to give Russia a run for its money.

BIKING

Cycle China Opposite the East Gate of Jingshan Park, Dongcheng District. (6402 5653, 139 1188 6524) www.cyclechina.com 东城区景山公园东门对面

Mountain-bikers of Beijing (The MOB) (beijingmob-owner@googlegroups.com) groups.google.com/group/beijingmob

The Peloton (Trek Bikers and TriBeijing) (86 139 1028 0053, tom@cyclusportschina.com) www.cyclusportschina.com

BILLIARDS

Ding Junhui Snooker Club 9am-3am. 4 Niwa Lu, Fengtai District. (5222 7856 or 5222 7857) 丁俊晖台球俱乐部, 丰台区丰台区泥洼路4号

East Forever Daily 24hours. 3/F, Tower B, Jinguo Mansion, Sidaokou, Haidian District. (6216 8000/9000) 海淀区四道口京果商厦B座3层

Pang Weiguo Billiards 24 hrs. Yong'an Dongli, Zhong Hai Bldg, Block 3, 4/F, Fengtai District. (8814 7147) 丰台区永安东里3号楼中海商厦4层

Tian Tong Shi Jia Snooker Club 24Hours. Floor 3, Bldg A, Genertime International Center, Yong An Dong Li, Chaoyang District. (5879 3631) 天瞳世家台球俱乐部, 朝阳区朝阳区永安东里通用时代国际中心A座3层

Xuan Long Billiards Club Daily 24 hours. Minwang Hutong, Hepingli Dongjie, Dongcheng District. (6421 8868) 轩隆台球俱乐部, 东城区和平里东街旺胡同9号

Xuanlong Pool Hall RMB 28/hr (snooker table), RMB 16/hr (billiard table). Daily 24 hours. 1) 9 Minwang Hutong, Hepingli Dongjie, Dongcheng District. (6421 8868); 2) 79B Hepingli Xijie, Dongcheng District. (8425 5566) 轩隆台球厅, 1) 东城区和平里东街旺胡同9号; 2) 东城区和平里西街乙79号

BOWLING

Cosmic Bowling Daily 6pm-2am. 3/F, Lido Hotel, 6 Jiangtai Lu, Chaoyang District. (6437 6688 ext 3801) 保龄球馆, 朝阳区将台路6号丽都饭店三层

Gongti 100 Daily 9am-1am. 6 Gongti Xilu, Chaoyang District. (6552 2688) 工体100, 朝阳区工体西路6号

Jade Palace Hotel Bowling Center Daily 10am-11pm. B1/F, Jade Palace Hotel, 76 Zhichun Lu, Haidian District. (6262 8888 ext 55080) 翠宫宾馆保龄球中心, 海淀区知春路76号翠宫宾馆地下1层

DANCING

Beijing Tango (130 2195 8870, beijingtango@hotmail.com) http://groups.yahoo.com/group/TangoRen

Casa de David 1pm-4am. 5/F, Yaxing Dasha, A46 Liangmaqiao Lu, Chaoyang District. (6466 1606) www.salsafly.com 飞舞拉丁俱乐部, 朝阳区亮马桥路甲46号亚里大厦5层

Danz Centre 1) 10am-8pm. C/F, East Lake Villa, Dongzhimenwai Dajie, Dongcheng District.; 2) 2/F, Children's Clubhouse, Yosemite Villas, 4 Yuyang Lu (West Gate of ISB), Chaoyang District. (8041 7745/7746) www.danzcentre.com 丹安丝舞蹈培训中心, 1) 东城区东直门外大街东湖别墅; 2) 朝阳区榆阳路4号优山美地别墅儿童俱乐部2层

Golden Dancing Academy 10/F, Chongwen Culture Center, 7 Chongwenmenwai Dajie, Chongwen District. Contact Mary (6708 9567/3267, ga888b@yahoo.com.cn) www.goldendancing.com 金池舞蹈学院, 崇文区崇文门内大街7号崇文区文化馆10层

Hidden Dreams A classy establishment with the possibility of tango and romance. Mon-Fri 9am-11pm, Sat-Sun 11am-11pm. Zhangzizhong Lu number 3, Dongcheng District. (6403 0688) 东城区东城区张自志路3号

J-Ballet School 1) Pulse Health Club, Kempinski Hotel, Lufthansa centre, 50 Liangmaqiao Lu., Chaoyang District.; 2) 1/F,

Bldg D, Jingxiu Yuan, Xingfucun Zhonglu, Chaoyang District. (8453 3003; 138 0103 6364 (Ms. Takeda); 138 0113 5877 (Ms. Tang)) www.j-ballet.com J-芭蕾教室, 2) 朝阳区幸福村中路景绣园D座一层西侧

Phoenix Dance 1) Room 1707, Building 4, 15 Zhenzhi road., Chaoyang District.; 2) 53 Mazhidan Zhengjie., Chaoyang District. www.phoenix-dance.com

Pineapple Dance Studios Mon and Thurs 7.30-9pm. 3/F, Apartment A, Beijing Fortune Plaza, Chaoyang District. Contact CiCi (135 2035 2025) 菠萝舞蹈工作室, 朝阳区北京财富中心公寓A座3层

Pussycat Dance Mon-Thu 11am-9pm, Sat-Sun 1-4pm. Rm906, Bldg 3, JianWai SOHO, Chaoyang District. (5900 0835, Eng: 139 1165 6059, pussycat-dance@hotmail.com) www.pussycat-dance.com 朝阳区建外SOHO 3号楼906室

DRIVING

Beijing CJ750 Sidecar Club Jingshun Lu and Laiguangying Lu, Homeware Lifestyle Village Mall, Chaoyang District. (139 1158 6021, beijingbiker@gmail.com) www.cj750.org 朝阳区来广营路路口顺康路3号院

Goldenport Motor Park Daily 9am-5pm. 1 Goldenport Dajie, Jinzhanxiang, Chaoyang District. (8433 4018) www.goldenport.com.cn 金港汽车公园, 朝阳区金盏乡金港大街1号

Offroad 4x4 Club 49 Xiqiqu, Wufang Tianya car parts factory., Chaoyang District. Contact Mr. Yan (6474 5595, 136 0137 8212, postmaster@offroad.com.cn) www.offroad.com.cn 越野车俱乐部, 朝阳区五方天雅汽配城西七区

Prema-Honway Formula Racing Team 1 Goldenport Jie, Jinzhanxiang, Chaoyang District. (8433 3884) www.honway.com.cn

U-Speed Sports & Competition Co. Ltd Mon 11am-11pm, Tue-Thu 10am-11pm, Fri-Sat 10-12am, Sun 10am-10pm. Bldg 8,Wufangtianya,Wufang Lu, Chaoyang District. (6473 2548, info@u-speed.com) www.u-speed.com 朝阳区五方路五方天雅8号楼

EQUESTRIAN

Asgard Horsemanship Club Shunhuang Lu, just west of Danshui Restaurant, Chaoyang District. (8459 5908) www.asgardacres.com.cn 亚萨园乡村俱乐部, 朝阳区顺黄路淡水餐厅西边

Beijing Green Equestrian Club 1 Loutaiduan, Wenyu, Tian Zhu Real Estate Development Zone, Shunyi District. (6457 7166) 北京格林马会, 顺义区天竺镇温榆河台段1号

Equuleus International Riding Club Tue-Sun 7am-noon, 2-6pm. 91 Shunbai Lu, Sunhe Town (north of and parallel to Xiang Jiang Beilu), Chaoyang District. Contact Michelle Wang (6432 4947) www.equiriding.com 天星调良国际马术俱乐部, 朝阳区孙河镇顺白路91号香江北路北

Hanci Horse Riding Club Daily 9am-5pm. Tianlongyuan Spa, West of Xiguan Roundabout, Changping District. (136 7139 7716, biansi@126.com) 汉慈马术俱乐部, 昌平区西关环岛往西天乐园度假村

Sheerwood Beijing Equestrian Country Club Summer: Tue-Sun 7am-11am, 2pm-6pm; Winter: Tue-Sun 8am-5pm. Picun Village, Jinzhanxiang, Chaoyang District. (8433 2217) 西坞北京马术俱乐部

FOOTBALL

ClubFootball 9am-6pm. Unit A212, Door 3, A1 Zone, Huadeng Building, 14 Jiuxianqiao Lu, Chaoyang District. (5130 6893/45/6, coaching@wanguoqxunxing.com) www.clubfootball.com.cn 万国群星足球俱乐部, 朝阳区酒仙桥路14号兆维华登大厦A1区3门212室

French l'Equipe Football Club Contact Mickael Perpoil (135 0102 4447, mickaelperpoil@yahoo.com) www.frenchlequipe.com.cn

Ganluyuan Football 10am-late. Ganluyuan Nanli, Chaoyang District. (8575 7236)

www.gfootballclub.com

International Friendship Football Club (IFFC) Contact Robert (6234 7106, info@iffc1994.com) www.iffc1994.com

O'le Football Daily 9am-11pm. 5 Dongshimencun Lu, Baiziwan Qiao, Dongsihuan Zhonglu, Chaoyang District. (6776 0608) 朝阳区东四环中路百子湾桥东石门村路5号

Women's Football Contact Wenhui (8526 2420 ext 111, wf7788@yahoo.com.cn)

GOLF

Avid Golf Indoor Simulator Bldg. 3, Ste. 1502 Xinhualian Ligang, 26 Jiuxianqiao(near the Lido Hotel), Chaoyang District. Contact Jeff Stone (+86 10 6436 3036, info@avidgolfchina.com) www.avidgolfchina.com

Beijing Cannes Golf Club Shuangqiao Donglu, Dingfuzhuang Nanqu, Chaoyang District. (8575 3959) 朝阳区定福庄南区双桥东路

Beijing Country Golf Club Daily sunrise to sunset. West side of Chaobai River, Mapo chao., Shunyi District. (6940 1111, service@bccgolf.com) www.bccgolf.com 顺义区马坡潮白河西侧

Beijing Daxing Capital Golf Club Daily 8am-3pm. West end of Xingzheng Jie, Huangcun, Daxing District. (6121 6000) 大兴区黄村行政街西头

Beijing Fangzhuang Star Golf Club Sat-Sun noon-11pm, Mon- Fri 6.30pm-11pm. Bldg 11, 2 Fangxingyuan Xiaoqu, Fangzhuang, Fengtai District. (6760 7118, 6159 3979)

Beijing Golf Club Daily sunrise to sunset. East bank of Chaobai River. Turn right from the Mapo exit of Dongliuhuan, 1km east of Beijing Country Golf Club, Shunyi District. (8947 0245/0005) 北京高尔夫球俱乐部, 顺义区马坡乡潮白河东岸

Beijing Golfers' Club Contact Russell Probert (golf@pavillionbeijing.com) www.beijing-golfers-club.org

Beijing Hongxi Changxin International Golf Club Daily sunrise-sunset. 8 Donghuan Beilu, Dongnan Wuhuan, Beijing Economy and Technology Development Zone, Daxing District. (6788 7252) 大兴区东南五环环北路北京经济技术开发区

Beijing International Golf Club Open daily 8am, last tee time at 3pm. North of Ming Tombs Reservoir, Changping District. (6076 2288) 北京国际高尔夫俱乐部, 昌平区十三陵水库北侧

Beijing Jinghui Golf Club Daily sunrise-sunset. Qinglonghu Town, Fangshan District. (6032 2288) 北京京辉高尔夫俱乐部有限公司, 房山区青龙湖镇

Beijing Ladies Golf Club (beijingladiesgolf@yahoo.com.) www.beijingladiesgolf.org

Beijing Legend Holiday Golf Club Daily 9am-9.30pm. 89 Shoudu Jichang Lu, Chaoyang District. (6456 0111) 朝阳区首都机场路89号

Beijing Meisong Golf Club Daily 8am-midnight. 10 Xinglong Xijie, Gaobeidian, Chaoyang District. (8575 3959) 北京美松高尔夫俱乐部, 朝阳区高碑店兴隆西街10号

Beijing Orient Tianxing Huapu Country Club Daily sunrise-sunset. Laiguangying Beilu, Chaoyang District. (8491 6192) 北京东方天星华普休闲健身俱乐部

Beijing Pine Valley International Golf Club Daily 8am-1.30pm (during holidays: 12.20-1.40pm. 2-4pm). Pine Valley Resort, Nankou Town, Changping District. (8528 8038) 昌平区南口镇华彬庄园内

Beijing Rivers and Resort Golf Training Academy Daily 7.30am-7.30pm. 1) 1A, West of Sunhe Beidian, Chaoyang District. (8046 5566); 2) Pinnacle Plaza, Shunyi District. (8046 5566) 1) 朝阳区孙河北店西甲1; 2) 顺义区天竺区日祥广场

Beijing Tiangong Golf Club Daily 8am-10pm. 500m west of Yuezegzhuang Bridge, Jingshi Highway, Fengtai District. (8381 2582) 丰台区京石高速公路庄桥西500米

Beijing Yuanqun Golf Club Daily 8am-10pm.

South of Yiquan Mountain Middle School, Haidian District. (6287 5990) 海淀区玉泉山南路

CBG International Golf Club 99 Gaobeidian Lu, Chaoyang District. (6738 4809) 朝阳区高碑店路99号

Chaoyang Kosaido Golf Club Daily 7am-10pm (summer only, closed in winter). 9A Nongzhan Nanlu, Chaoyang District. (6501 8584) 广济堂高尔夫俱乐部, 朝阳区农展南路甲9号

Dongjin Golf Club Daily 9am-8.30pm. 5A Niuwangmiao, Xinyuan Jie (west of Sanyuan East Bridge), Chaoyang District. (6460 0193)

Greystone Golf Center Daily 9am-9pm. 1 Xiangjiang Beilu, Chaoyang District. (8450 7173) 朝阳区香江北路1号

Longxi Wenquan Golf Club Daily 8am-11pm. 8 Shunjing Lu, Panggezhuang., Daxing District. (8928 2288) 龙熙温泉俱乐部, 大兴区庞各庄顺景路8号

Meisong Golf Daily 7am-midnight. 10 Xinglong Xijie, Gaobeidian, Chaoyang District. (8575 5497, meisonggolf@hotmail.com) www.meisonggolf.com 美松高尔夫球俱乐部, 朝阳区兴隆西街10号

Moon River Country Club Golf Club Daily 7.30am-11pm. 1 Moon River Hebin Lu, Tongzhou District. (8952 3737 ext 6820, sales@moonriver.com.cn) www.moonriver.com.cn 月亮河乡村俱乐部高尔夫俱乐部, 通州区月亮河乡村俱乐部

PGA Golf Academy 9 Beihu Anwai, Chaoyang District. (6491 8888, golfacademy@bayhood9.com) 职业高尔夫球俱乐部

SGA Golf Coaching Center 8am-8pm (summer); 9am-6pm (winter). Chaoyang Kosaido Golf Club, 9A Nongzhan Nanlu, Chaoyang District. (6507 7389, 400 650 5169, info@sga-china.com) www.sga-china.com 朝阳区农展馆南路甲九号

Star City Golf Academy 6am-11pm. 5/F Xingcheng Dasha, 10 Jiushanqiao Lu (Southeast corner of Dashanzi Huandao), Chaoyang District. (8457 3665, 6434 2783) 星城国际高尔夫培训中心, 朝阳区酒仙桥路甲10号(大山子环岛东南角) 星城国际大厦5层

HIKING & CAMPING

Beijing Hikers Suite 1907, Building 107, Jianguo Jiayuan, Tuofangyong Lu, Jiuxianqiao, Chaoyang District. (139 1002 5516, 5137 4906, info@beijinghikers.com) www.beijinghikers.com 朝阳区酒仙桥驼房营路将府家园107号楼1907

Beijing U-DO Adventure Daily 9.30am-6pm. Rm 2-502, Bldg 8, Dong Hua Shi Nanli Dongqu, Chongwen District. (8710 3045, 139 1199 1873, udoadventure@hotmail.com) www.uoadventure.com 崇文区东花市南里东8号楼2-502

Dandelion Hiking (131 2478 8581) www.chinahiking.cn 蒲公英远足

Goose 'n' Duck Ranch Daily 24hours. Huairou Beizhai, Huairou District. (6067 1097) www.gdclub.net.cn 鹅和鸭, 怀柔区北寨

MARTIAL ARTS & BOXING

Beijing Black Tiger @ Club Hero Mon-Fri 8am-9.30pm, Sat 10am-6pm, Sun noon-6pm. Club Hero, Suite 110, Bldg D, Cable 8, 8 Langjiayuan, Jianguo Lu (West of Wanda Plaza), Chaoyang District. (8706 1940, 8656 7818, 8918 3249, 6581 5570, info@blacktigerclub.com, chet@graciechina.com) www.clubhero.cn 朝阳区建国路郎家园8号尚8创意产业园D座110英雄馆万达广场西侧

Beijing Kendo Club Call for schedule. 3-1 Liangmaqiao Lu, Chaoyang District. (139 1177 1871) 北京剑道同好会, 朝阳区亮马桥路3-1号

Beijing Milun School of Traditional Kung Fu (139 1072 4987, daoist_kungfu@hotmail.com) www.kungfuinchna.com 北京弥轮传统武术学校

Beijing Seidokan Judo 49A, German Embassy School Beijing, Liangmaqiao

Lu, Chaoyang District. (135 2184 7587, barilpekin@hotmail.com) www.judobeijing.com 正道馆, 朝阳区亮马桥路49号德国使馆学校

Beijing Sport University Daily 8.30am-5pm. Zhonguancun Beidajie, Shangdi New Technological Development Zone, Haidian District. (6298 9341/9391, bupefso@sina.com) 北京体育大学, 海淀区上地新技术开发区中关村北大街

China Culture Center (CCC) Kent Center, 29 Anjialou, Liangmaqiao Lu, Chaoyang District. (6432 9341/1041, info@chinaculturecenter.org) www.chinaculturecenter.org 朝阳区亮马桥路29号安泰楼商务中心内

Jinghua Wushu Association F1, Pulse Health Club, Kempinski Hotel Apartment, 50 Liangmaqiao Lu, Chaoyang District. (6465 3388 ext 5721, 135 2228 3751, jinghuawushu@yahoo.com.cn) www.jinghuawushu.com 朝阳区亮马桥路50号凯宾斯基饭店公寓地下1层都市脉搏俱乐部

MMA Beijing (Mixed Martial Arts Academy) 1st Floor, Building 16, Arts School Building, Haidian District. (info@mmapbeijing.com) www.mmapbeijing.com 海淀区东王庄小区, 16号楼, 美术学院一层

Tai Chi Workshop Wed 7-8pm. 1/F, Health Club, CTS Plaza, Sanyuanqiao, Chaoyang District. (130 0103 9563, heidihyhen@163.com)

Tianyi Kung Fu Club Tue, Thu 7.30-9pm, Sun 3.30-5pm. Canadian International School, Gym B, 38 Liangmaqiao Lu, Chaoyang District. (130 5113 8804, dateapot@hotmail.com) www.tianyikungfu.com 天一功夫

Wing Chun Kung Fu Class Around the Workers' Stadium Area, Chaoyang District. (131 2655 3900, wingchun.china@gmail.com) 朝阳区工体附近

Wuzhuhun Martial Arts Ritan Park, Chaoyang District. (stone1000@vip.sina.com, stonejinglei@hotmail.com) www.dadehe.com 武之魂, 朝阳区日坛公园

MISC SPORTS

Beijing Flying-man Club 5 Dadu Jiuba Dongjie, Yuan Dynasty City Wall Ruins Park, Chaoyang District. (6234 4230, 135 2023 0772, paratechx@yahoo.com) www.flying-man.com 北京飞人俱乐部, 朝阳区元大都城垣遗址公园大都酒吧东街5号

Beijing Sports University Daily 8.30am-5pm. Zhonguancun Beidajie, Shangdi New Technological Development Zone, Haidian District. (6298 9341/9391, bupefso@sina.com) 北京体育大学, 海淀区上地新技术开发区中关村北大街

Beijing Volleyball (beijing_volleyball@hotmail.com)

Bibo 1) 2 Xingfu Dajie Nanli, Chongwen, Chongwen District. (010 6711 5446/010 6713 7447); 2) 22 Fuxing lu, Haidian, Haidian District. (010 5192 8102) 天龙碧波渔具

Dongfang Julong Archery Club Daily 2pm-11pm. 5/F, Yanguang Baishang Cheng, 5-1 Anzhen Xili (300m north of Anzhen Hualian Department Store on the North Third Ring Road), Chaoyang District. (5123 7515) 东方巨龙射箭馆, 朝阳区安贞西里5区1号阳光佰商城5层(北三环安贞华联向北300米)

Fenxing Fencing Club Mon-Fri 10am-late class, Sat-Sun 2.30-11pm. Beijing Film Academy, Building 3, Haidian District. (6492 9041, 130 5131 7611) www.fenxing.com 海淀区北京电影学院C教学楼110教室

Rainbow Radio-controlled Model Club 2/F, Chaoshifa supermarket, 73 Xueyuan Nanlu, Haidian District. (6211 5655) www.hobbyrb.com 彩虹模型, 海淀区学院街南路73号, 超市发超市2楼

Star Trooper Laser Tag Wed-Fri 2-8pm, Sat-Sun 9am-8pm. B1, 316 Wangjing Xiyuan Sanqu, Chaoyang District. (6475 8329, wendy@startrooper.net) www.startrooper.net 激光搏击, 朝阳区望京西园三区316号楼, 地下一层

Superwing Paragliding Club Rm 2001, Rongshangju, Zhichun Lu, Haidian District. (6491 2233 ext 201, 136 0124 1119, superwing@sohu.com) 海淀区知春路荣上居2001室

Tianlang Hot Air Balloon Club Maying village, Yanqing County. (6170 0750, 138 0123 7203) 天狼热气球俱乐部, 延庆县马营村

RACQUET SPORTS

Beijing International Badminton Club Contact John Ho (johnsk_ho@hotmail.com)

Beijing International Tennis Centre Mon-Fri 10am-10pm, Sat 8am-8pm, Sun 9am-9pm. 50 Tiantan Donglu, Chongwen District. (6715 2532) 崇文区50天坛东路

Beijing Tennis Center 1 Guangcai Lu, Fengtai District. (6721 1580) 光彩体育中心网球场, 丰台区光彩路1号

Beijing Tennis Club Contact Daniel (135 0105 9590, daniel.foa@gmail.com) www.tennisrank.com

Capital Gymnasium Daily 9am-8pm. 54 Baishiqiao Lu, Haidian District. (6835 8306) 首都体育馆, 海淀区白石桥路54号

Chaoyang Sports Center 77 Yaojiayuan, Chaoyang District. (8557 4959) 朝阳体育中心, 朝阳区姚家园路77号

GS Tennis 1) Golden Luck Age Tennis Center, 2 Dongwei Xilu, Chaoyang District. (8478 6866, info@gs-academy.com); 2) 1 Xiedao Road, Chaoyang District, Chaoyang District. (010 8433 5608, info@gs-academy.com) www.gs-academy.com

Kerry Sports Daily 6am-11pm. Kerry Centre Hotel, 1 Guanghua Lu, Chaoyang District. (6561 8833 ext 6465, hbkc@shangri-la.com) 嘉里健身, 朝阳区光华路1号嘉里中心酒店

Tennis Fans Club (box4queen@yahoo.com)

RUGBY

Aardvarks Rugby Club Contact Dave (135 2224 8133, aardvarksrvc@yahoo.com) 地豚橄榄球俱乐部

Beijing Brothers RFC (liza_gabina@pngembassy.org.cn)

Beijing Devils Mixed Touch Rugby Football (touch@beijingdevils.com) www.beijingdevils.com

Beijing Devils Rugby Football Club (beijing_rugby@yahoo.com) www.beijingdevils.com

Beijing Rugby Referees Society (beijing.rugby.refs@gmail.com)

RUNNING & TRAINING

Beijing Hash House Harriers Contact Dave "Minime" White (beijinghshh-owner@yahoo.com) www.hash.cn, www.groups.yahoo.com/groups/beijinghshh

Triathlon Beijing (TriBeijing) (tribeijing@gmail.com) www.tribeijing.org

SAILING

Beijing Sailing Centre (15 00 118 9580, 335 856 0916, enquiries@beijingsailing.com) www.beijingsailing.com

Gold Sailing Daily 10am-10pm. 81A Houhai Xiyuan, Xicheng District. (6401 2664) 北京金帆运动俱乐部, 西城区后海西沿甲1号

SKATING & HOCKEY

Beijing International Ice Hockey (peking_puck@yahoo.com) www.beijinghockey.com

Beijing Street Hockey Sat 2-5pm. Ta Yuan Diplomatic Compound, 1 Xindong Lu (located one block north of the Canadian Embassy), Chaoyang District. Contact Darren (damooreasia@yahoo.com) 朝阳区新东路1号塔园外交公寓

Ezone Club Daily 1-7pm. Fangzhuang Sport Center, west of Carrefour, Fengtai

District. (6763 14510 ext 8007, 136 0119 0802, 3863@vip.sina.com) www.ezonesk8.com

Hosa Skating Center Daily 8.30am-8.30pm. Inside Xinglong Gongyuan, Gaobei Dian, Chaoyang District. (8576 7388, jianghui12479959@yahoo.com.cn) 浩沙冰上运动中心, 朝阳区高碑店兴隆公园内

Joyce Rink Daily 10am-9.30pm. B3, Xidan Culture Centre/77th Street, 108 Xidan Beidajie, Xicheng District. (6602 0050) www.skatingtime.com 西单喜悦溜冰场, 西城区西单北大街108号西单文化广场B3, 77街地下广场

Le Cool Daily 10am-10pm. B2/F, China World Shopping Mall, 1 Jianguomenwai Dajie, Chaoyang District. (6505 5776, lecool@cwtc.com) www.lecolicerink.com 国贸溜冰场, 朝阳区建国门外大街1号国贸地下2层

Zhongtiao Curling Arena 9 Zhengqian Xijie (take Jing-Cheng Expressway and exit at Kuang Gou), Huairou District. (6965 9411) 中体奥冰壶运动中心, 怀柔区府前西街9号

SKI RESORTS

Qiaobo Ice and Snow World Daily 9am-10pm. Inside Chaobai River National Forest Park, Mapo, Shunyi District. (8497 2568) www.qbski.com 乔波冰雪世界, 顺义区马坡潮白河国家森林公园内6号

SWIMMING

Caribbean Lagoon 118 Quanshuitou, Yanxi Town, Huairou, Huairou District. (8528 8966/8077) www.caribbeanlagoon.com.cn 怀柔区雁栖镇泉水头118号

China World Hotel Daily 6am-11pm. 1 Jianguomenwai Dajie, Chaoyang District. (6505 2266 ext 33, cvh@shangri-la.com) www.shangri-la.com 中国大饭店, 朝阳区建国门外大街1号

City Seaview Daily 9am-8pm (till 10 pm in Jul-Aug, closed in winter). Xiedao Duijian (take the Weigou exit off the Airport Expressway and follow the signs), Jichang Lu, Chaoyang District. (8433 9689) www.cityseaview.net 城市海景水上乐园, 朝阳区机场路蟹岛度假村

DHY Wed and Sun 8pm. China World Hotel, No. 1 Jianguomenwai Avenue, Chaoyang District. (6505 2266) 博雅会所, 朝阳区中国北京建国门外大街1号

Doubletree by Hilton Beijing Pool 168 Guang'anmen Waidajie, Xuanwu, Xuanwu District. (6338 1888) www.beijing.doubletree.com

Grand Millennium Pool 7 East Third Ring Road, Middle Road, Chaoyang District. (8587 6888) www.millenniumhotels.com/cn/grandmillenniumbeijing 朝阳区东三环中路7号

Holiday Inn Lido Health Club Daily 4.30am-11pm. 6 Jiangtao Lu, Chaoyang District. (6437 6688 ext 1871, bc@hillb.net.cn) 北京丽都假日饭店游泳馆, 朝阳区将台路6号

Merry Water World Mon-Fri 1.30-10.30pm, Sat-Sun 9.30am-10.30pm. Jinzhan, Dongweilu (Take the Airport Expressway to the Weigou exit. Turn left at the first stoplight, right at the second, and then go straight), Chaoyang District. (8433 0606 ext 5104) www.yujinxiang.com 摩锐水世界, 朝阳区东苇路金鑫

Olympic Sports Center Train to be the next Ian Thorpe at this indoor pool. RMB 40 (adults), RMB 30 (kids) or RMB 130/10 visits. Daily 9.30am-9.30pm. 1 Anding Lu, Yayuncun, Chaoyang District. (6491 0468) 朝阳区亚运村安定路1号

Park-Hyatt Indoor Pool 2 Jianguomenwai, Yintai Center, Chaoyang District. (8567 1234) www.beijing.park.hyatt.com 朝阳区建国门外大街2号

Ritz-Carlton Financial Street Fitness Center 1 Jinchengfang Street East, Xidan/Financial Street, Xicheng District. (6601 6666) www.ritzcarlton.com/hotels/beijing_financial 西城区金城坊东街1号

Shangri-La Beijing Pool 29 Zizhuyuan Lu, Haidian District. (6841 2211) www.shangri-la.com 海淀区紫竹院路29号

Sino-Japanese Youth Center Daily 9am-9pm. 40 Liangmaqiao Lu, Chaoyang District. (6468 3311) 朝阳区亮马桥路40号

Splash Recreation Club Daily 6am-10pm. Sino-Swiss Hotel, 9 Xiao Tianshu Nanlu, Shunyi District. (6456 5588 ext 1217) www.sino-swisshotel.com 浪花俱乐部, 顺义区小天竺南路9号国都大饭店

Tuanjiehu Water Park 16 Tuanjiehu Nanli (on East Third Ring Road, across from Friday's), Chaoyang District. (8597 3603) 团结湖公园, 朝阳区团结湖南里16号, 东三环东星期五餐厅对面

Westin Chaoyang Indoor Swimming Pool No.1 Xinyuan Nanlu, Chaoyang District. (5922 8888)

TEAM & CLUB SPORTS

Beijing Cricket (info@bjcricketclub.org) www.bjcricketclub.org 北京板球俱乐部

Beijing Football Club (135 1625 1141, beijingfooty@yahoo.com) www.beijingbombers.cn

Beijing Gaelic Football Club (beijinggaa@yahoo.com) www.beijinggaa.net 北京盖尔人运动家协会

Beijing Hockey Club (bjhockeyclub@hotmail.com) http://beijingfieldhockeyclub.spaces.live.com

Beijing Overseas Students Basketball League (136 2118 7727, dingrenhai@163.com)

Beijing Sport and Social Club (Beijing SSC) (beijingssc@gmail.com) www.beijingsc.com

Beijing Ultimate Frisbee (136 0103 6430, contact@beijingultimate.com) www.beijingultimate.com, http://groups.google.com/group/beijing-ultimate

Brothers in Baseball Contact Walker (139 1066 8946, walker@march3.com.cn)

Women's Lacrosse Contact Fiona (135 5203 8947)

YOGA & PILATES

Alona Pilates Studio 7.30am - 9.30pm. F/5, Heavenly Spa, 1 Xinyuan Nanlu, Chaoyang District. (139 1029 0260, voselena@hotmail.com) www.alonastudiobeijing.com 朝阳区新源南路一号5层

Bikram Hot Yoga with Huiping Mo Daily 10am-6.45pm. 5/F, Bldg E, Pacific Century Place, 2A Gongti Beilu, Chaoyang District. (6539 3434, 139 1051 3285) http://bikramyogabeijing.googlepages.com PCC盈科会所, 朝阳区工体北路甲2号盈科中心E座5层

Fine Yoga Daily 7am-9pm. Kids' yoga on Sundays 2-3pm. Rm 501, 5/F, Bldg A, Soho New Town, 88 Jianguo Lu, Chaoyang District. (8589 6474, 5900 3192, 139 1176 7521) www.fine-yoga.com 梵音瑜伽, 朝阳区建国路88号Soho现代城A座501室

Mountain Yoga 6 Gongzhufen Cun, Fragrant Hills, Haidian District. (6259 6702, 139 0102 1322, info@mountainyoga.cn) www.mountainyoga.cn 山地瑜伽

Nirvana Yoga Center Daily 9.30am-9pm. 2A, Unit 5, Shijicheng, Yuanda Lu (100m south of the Golden Resource Shopping Mall), Haidian District. (5198 0591) 青鸟瑜伽, 海淀区远大路世纪城5单元2A (世纪金源购物中心南100米)

OM Yoga 42 Rooms 9102/9103, Lido Apartment Bldg, Chaoyang District. (6437 8810) www.omyoga42.com.cn 静心堂, 朝阳区丽都公寓9102-9103

Yoga Yard Mon-Thu 7.15am-9.30pm, Fri-Sun 7.15am-8pm. 6/F, Bldg 17 Gongti Beilu (across from the north gate of Workers' Stadium), Chaoyang District. (6413 0774, info@yogayard.com) www.yogayard.com 瑜伽苑, 朝阳区工体北路17号楼6层工人体育场北面对面

Yogi Yoga Daily 9am-8pm. Mini-golf center, North gate of Ritan Gongyuan, Chaoyang District. (8561 5506/5507) www.yogiyogacenter.com 悠季瑜伽, 朝阳区日坛公园南门, 迷你高尔夫中心