hush! × 城市運動節 Urban Sports 2026

Beach Concerts 沙灘音樂會
Concertos na Praia

Wellfest
Festival do Bem-Estar Desportivo Urbano

參加指南 Event Guide



免費入場
FREE ADMISSION

2026.11.14-15

城市運動節 2026 Urban Sports Festival do Bem-Estar Desportivo Urbano Wellfest

2026.11.14-15

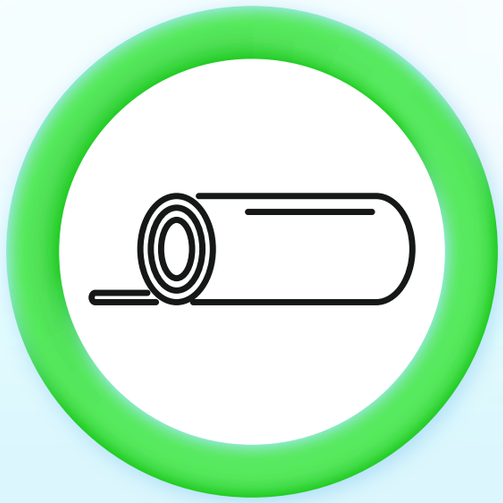
參加指南 Event Guide

城市運動項目入場溫馨提示
Urban Sports Program Entry Reminder





穿著舒適運動服及硬底運動鞋
Wear comfortable sportswear and sturdy footwear



請自攜瑜伽墊*
Please bring your own yoga mat



注意做好身體防曬保護
Adequate sun protection recommended



兌換活動手帶，
活動時必須佩戴
Redeem event wristband and wear it during the event



請自攜水樽
Please bring your own bottle



課堂前15分鐘到達
Arrive at least 15 minutes before your desired classes



戶外活動，請自備雨傘
或雨衣，以備天氣變化
Outdoor event. Please bring your own umbrella or raincoat in case of weather changes

*現場有瑜伽墊租借及購買，數量有限，先到先得
Yoga mats will be available for rental or purchase on a first-come-first-served basis

*活動設有水站，為支持環保，活動將不提供任何水杯或水樽 There will be water station and no cups and bottles will be provided

*如果參與者未能遵守指示，主辦單位有權拒絕其參與
If the participant fails to comply to the instructions, the organizer reserves the right to refuse their participation



城市運動節 2026 Urban Sports Festival do Bem-Estar Desportivo Urbano Wellfest

2026.11.14-15

參加指南 Event Guide

城市運動項目入場溫馨提示
Urban Sports Program Entry Reminder



Wellfest舞台內不得進食
No food inside Wellfest Stage



活動場地內嚴禁吸煙，
包括香煙、電子香煙、雪茄或煙斗
Smoking is strictly prohibited at the event venue,
including cigarettes, e-cigarettes, cigars, or pipes



禁止攜帶任何武器或尖銳物品
No weapons or sharp objects



禁止攜帶任何非法藥物或違禁品
No illegal drugs or prohibited substances



禁止攜帶任何危險或有害物料
（如煙花、氣體罐、爆炸物等）
No dangerous or hazardous materials,
including fireworks, gas canisters and explosives



禁止攜帶任何玻璃器皿
No glass containers



禁止使用航拍機或任何飛行裝置
No drones or flying devices



禁止使用擴音器或其他響鬧裝置
No loudspeakers or noise-making devices



禁止展示任何未經許可的旗幟、
橫額、徽章或標語
No unauthorized flags, banners,
badges or signage



禁止攜帶任何可能干擾活動、
造成滋擾或阻礙他人的物品
（如自拍杆、激光筆等）
No items that may disrupt the event,
such as selfie sticks or laser pointers



禁止在活動場地內銷售、推廣或
展示未經授權的商品或服務
No unauthorized sale, promotion or
display of goods or services



*活動設有水站，為支持環保，活動將不提供任何水杯或水樽 There will be water station and no cups and bottles will be provided

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城市運動節 2026
Urban Sports
Wellfest Festival do Bem-Estar Desportivo Urbano

2026.11.14-15

參加指南 Event Guide

全能挑戰須知
Reminder for Fitness Challenge



請提早 30 分鐘到場，預留時間報到及熱身
Please arrive 30 minutes early for registration and warm-up

- **請攜帶身份證明文件及報名所需資料**
  Please bring your identification and registration details
- **請穿著適合高強度訓練的運動服裝及運動鞋**
  Please wear sportswear and athletic shoes suitable for high-intensity workouts
- **請保持充足水分，並自備水瓶***
  Stay hydrated and bring your own water bottle
- **請仔細聆聽熱身說明，如有疑問請立即提出**
  Listen carefully to the warm-up briefing and ask if you have any questions
- **請量力而為，注意安全及適時休息**
  Participate according to your fitness level and take breaks when needed
- **享受挑戰，全力以赴**
  Enjoy the challenge and give it your best

*活動設有水站，為支持環保，活動將不提供任何水杯或水樽
There will be water station and no cups and bottles will be provided

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If the participant fails to comply to the instructions, the organizer reserves the right to refuse their participation

全力以赴
Go Beyond



hush! Beach Concerts 沙灘音樂會 Concertos na Praia × 城市運動節 2026 Urban Sports Wellfest Festival do Bem-Estar Desportivo Urbano

2026.11.14-15 參加指南 Event Guide

Day 1 2026.11.14 星期六 Saturday

節目時間表 Event Schedule

Music Chill

09:30 - 10:20
陳明憙 Jocelyn
聲之靜
Sound in Stillness



10:30 - 11:20
Jasi Lau
脈輪覺醒舞動
Chakra Awaken Dance



13:30 - 14:10
Project 10



14:20 - 15:00
Gabriel



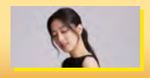
15:05 - 15:55
Alex Lo
悅然釋壓大笑瑜伽
Joyful Release Laughter Yoga



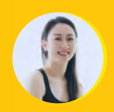
16:05 - 16:45
BOSSA EVA & FRDS



17:05 - 17:45
張貝芝 Joyce Cheung



17:50 - 18:40
Mandy
森林舒展Flow
Forest Stretch Flow



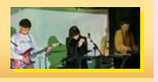
18:50 - 19:30
蔡國柱 Guoch Choi



19:45 - 20:25
B記 Initial B



20:35 - 21:15
EVADE



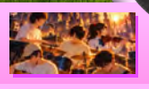
21:25 - 22:05
Concrete/Lotus



hush! Young Vibe



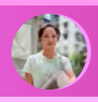
14:30 - 14:55
夢幻堡壘 Dream Fortress



15:00 - 15:25
Jazz Pink



15:30 - 16:15
Phoebe
活力大挑戰 Energetic Challenge



16:35 - 17:00
Caatle Girls



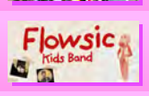
17:05 - 17:50
Zero
兒童K-POP跟練 Kids K-POP



17:55 - 18:20
Portugalitos



18:25 - 18:50
Flowsic Kids Band



19:10 - 19:40
M7 撈叮 M7 Load-"Ding"



19:50 - 20:20
IGoToSchool, byebus...

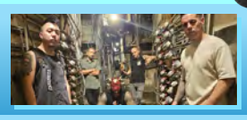




Hot Wave



15:00 - 15:40
Free Yoga Mats



15:50 - 16:30
Tell Lie Vision



16:50 - 17:30
Cancer Game



17:40 - 18:20
Garion



18:25 - 19:15
Cantomania x Utah Lee
HIIT



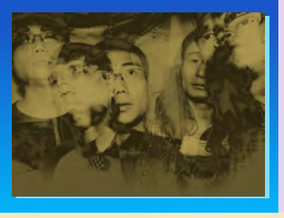
19:35 - 20:15
跳躍號 SCAMPER



20:25 - 21:05
WhyOceans



21:35 - 22:20
萬能青年旅店
Omnipotent Youth Society

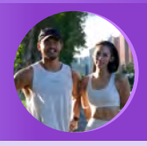


Wellfest 舞台 Stage

10:30 - 11:30
Lawrence Tai
Helen Lo
海風陽光流瑜伽
Sea Breeze & Sunshine Yoga Flow



11:30 - 12:30
Calvin Au Yeung
Siena Tsang
拍住上
Challenges & Games

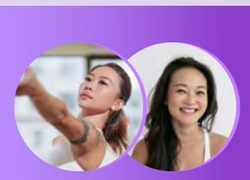




15:00 - 16:00
Natural Nip
Carrie Leong
動物流
Animal Flow



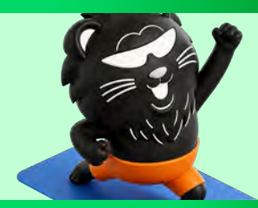
16:30 - 17:30
Man Leng
Rebecca Wong
基礎內觀流瑜伽
Inside Flow



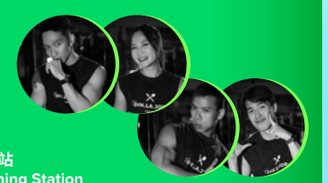
全能挑戰 Fitness Challenge

10:00 - 12:00
Dylan Chong
Shelton Hauw
PFT 體能挑戰
PFT Challenge





14:30 - 15:30
Din. La. Jor.
全能備戰訓練站
Workout Training Station



16:00 - 18:00
Dylan Chong
Shelton Hauw
PFT 體能挑戰
PFT Challenge

條款及細則 Terms & Conditions

1. 部分登記項目設現場名額，額滿即止
   Limited walk-in slots are available for selected registration-required activities.
2. 課程、導師、表演嘉賓、節目內容及時間表如有更改，恕不另行通知，並以現場公布為準
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3. 主辦單位保留最終決定權
   The organizer reserves the right of final decision

為需登記項目 Indicates registration is required

hush! Beach Concerts 沙灘音樂會 Concertos na Praia × 城市運動節 2026 Urban Sports Wellfest Festival do Bem-Estar Desportivo Urbano

2026.11.14-15 參加指南 Event Guide

Day 2 2026.11.15 星期日 Sunday

節目時間表 Event Schedule

Music Chill

09:30 - 10:20
陳明憙 Jocelyn
音頻治療冥想體驗
Sound Healing Meditation Experience

10:30 - 11:20
Jasi Lau
脈輪療癒流動
Chakra Release Flow

13:30 - 14:10
Náv

14:20 - 15:00
鯨魚肚肚 Whale Belly

15:05 - 15:55
Alex Lo
真心連結大笑瑜伽
Heartful Connection Laughter Yoga

16:05 - 16:45
AVIBE

17:05 - 17:45
Joao Mascarenhas & Friends
Invite Mihi Matshingana

17:50 - 18:40
Mandy
活力伸展
Vitality Stretch

18:50 - 19:30
Daze in White

19:45 - 20:25
Branko

20:35 - 21:15
Ghostly Park

hush! Young Vibe

14:30 - 14:55
MAC Primary Ministry Rock Band

15:00 - 15:25
ROCK KIDZ

15:30 - 16:15
Phoebe
兒童體適能 Kids Fitness

16:35 - 17:00
WILD KIDS

17:05 - 17:50
Zero
兒童Hip-Hop跟練 Kids Hip-Hop

17:55 - 18:20
諧同樂隊 The Kids Project

18:25 - 18:50
澳門青年爵士樂團
Macau Youth Jazz Orchestra

19:10 - 19:40
少年寨 Youth Village

19:50 - 20:20
Diana & The Lazy Jones

Hot Wave

15:00 - 15:40
單行道 Single Path

15:50 - 16:30
C'est la vie

16:40 - 17:25
That's My Shhh

17:40 - 18:20
刃記 Blademark

18:25 - 19:15
Cantomania x Utah Lee
DANCE Canto!!!

19:35 - 20:15
青原FIDA

20:45 - 21:30
babychair

Wellfest 舞台 Stage

10:30 - 11:30
Kathine Cheong
順位流動
Align to Flow

11:30 - 12:30
Shin Ng
動物流
Animal Flow

15:00 - 16:00
Man Leng
Rebecca Wong
基礎內觀流瑜伽
Inside Flow

16:30 - 17:30
Big Chen
Lingo Huang
泛非節奏派對
Afro Dance Party

全能挑戰 Fitness Challenge

10:00 - 12:00
Dylan Chong
Shelton Hauw
PFT 體能挑戰
PFT Challenge

14:30 - 15:30
Din. La. Jor.
全能備戰訓練站
Workout Training Station

16:00 - 18:00
Dylan Chong
Shelton Hauw
PFT 體能挑戰
PFT Challenge

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2026.11.14-15

參加指南 Event Guide

動感體驗部落篇
The Commons· Workshops Hub

13:00 - 20:00
(星期六 - 日 Sat - Sun)

匯聚運動挑戰、親子遊戲及互動體驗，讓大小朋友盡情釋放活力！
A hub of sports challenges, family games and interactive experiences for all ages to stay active and have fun!

BUCKET KING

顛爆貓工作室 OSANNA DESIGN WORKSHOP

品牌聯乘攤位
Brand Collaboration Booths



運動遊戲攤位
Sports Challenge Booths



親子遊戲攤位
Family Fun Game Booths



親子工作坊
Family Workshops



音樂體驗工作坊
Music Experience Workshops





hush! Beach Concerts 沙灘音樂會 Concertos na Praia × 城市運動節 2026 Urban Sports Wellfest Festival do Bem-Estar Desportivo Urbano

2026.11.14-15

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聯乘商品篇 Collaboration Merchandise

水桶王 Bucket King



單肩袋
Crossbody Bag
MOP 65



冰袖
Cooling Arm Sleeves
MOP 50



防曬面罩
Sun Protection Face Cover
MOP 70





T袖（黑色）
Black T-Shirt
MOP 150



T袖（白色）
White T-Shirt
MOP 150



hush! Beach Concerts 沙灘音樂會 Concertos na Praia × 城市運動節 2026 Urban Sports Wellfest Festival do Bem-Estar Desportivo Urbano

2026.11.14-15

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聯乘商品篇 Collaboration Merchandise

頹爆貓工作室 Osanna Design Workshop



迷你黑膠碟杯墊
Mini Vinyl Record Coaster
MOP 30



卡套
Card Holder
MOP 48



亞克力鎖匙扣
Acrylic Keychain
MOP 25





鍵盤鎖匙扣
Keycap Keychain
MOP 25



洗水T恤
Acid Wash T-Shirt
MOP 138



hush! Beach Concerts 沙灘音樂會
Concertos na Praia

× 城市運動節 2026 Urban Sports Wellfest
Festival do Bem-Estar Desportivo Urbano

2026.11.14-15

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限量紀念品篇
Limited-Edition Souvenirs



美高梅主題獅子公仔鑰匙扣-運動版
MGM Themed Leo Plush Keychain-Sports Edition

hush! 熊
hush! bear



單件售價
Individual Item

MOP 158

組合優惠價
Bundle Set

MOP 260 / 套 Set



hush! Beach Concerts 沙灘音樂會 Concertos na Praia × 城市運動節 2026 Urban Sports Wellfest Festival do Bem-Estar Desportivo Urbano

2026.11.14-15
參加指南 Event Guide



美食攤位篇 Food Stalls

13:00 - 22:30 (星期六 Sat)
13:00 - 22:00 (星期日 Sun)

100巴仙	是旦小食	澳門抹茶
POLI CAFE	亞世紀	澳門金非
@Chill House	貳零貳壹	澳義
人生上上簽	好好記	賞食
小南島	旅圖咖啡	大吉茶 (1828 王老吉)
天天食	南洋咖啡	MARU BAKERY
故里咖啡	花果山	泰好食
世一	康記小食	













hush! Beach Concerts 沙灘音樂會 Concertos na Praia × 城市運動節 2026 Urban Sports Wellfest Festival do Bem-Estar Desportivo Urbano

2026.11.14-15
參加指南 Event Guide

活動免費接駁巴士篇
Event Free Shuttle Bus



11.14-15 *08:30-23:59*

每隔15-20分鐘發車 departing every 15-20 minutes

備註：首班車於08:30由祐漢街市公園、筷子基及氹仔中央公園開出，去程尾班車為23:00，回程尾班車為23:59。
Remark: The first bus departs at 08:30 from Iao Hon, Fai Chi Kei, and Taipa. The last outbound bus to Hac Sa Beach departs at 23:00, and the last return bus departs from Hac Sa Beach at 23:59.

澳門循環線1
Macau Circular Route 1



祐漢街市公園
(近華茂新村)
Iao Hon Market Park
(near Wa Mau San Chun)
Jardim do Mercado do Iao Hon
(junto à Wa Mau San Chun)

↕



黑沙海灘
Hac Sa Beach
Praia de Hac Sá

澳門循環線2
Macau Circular Route 2



筷子基(近信步閑庭)
Fai Chi Kei
(near Trust Leisure Garden)
Fai Chi Kei
(junto ao Trust Leisure Garden)

↕



黑沙海灘
Hac Sa Beach
Praia de Hac Sá

氹仔循環線
Taipa Circular Route



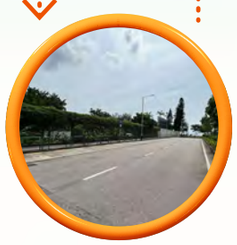
氹仔中央公園
(近濠景花園紫荊苑)
Taipa Central Park
(Near Bloco Orquídea in Nova Taipa Gardens)
Parque Central da Taipa
(junto ao Bloco Orquídea na Nova Taipa Gardens)

↕



美獅美高梅
(B1穿梭巴士大堂，7號站)
MGM COTAI
(B1 Shuttle Bus Station, Stop #7)

↕



黑沙海灘
Hac Sa Beach
Praia de Hac Sá

黑沙公園對開咪錶停泊位預留少量車位於工作人員使用，現場設有少量臨時電單車停泊區，其餘車位開放予公眾車輛停泊; 除特許車輛外，其他車輛均禁止進入黑沙海灘沙灘區。
A small number of metered parking spaces are reserved for staff use and a small number of temporary motorcycle parking spaces are available on site, while the rest of the parking spaces are open to the public; except for authorized vehicles, all other vehicles are prohibited from entering the beach area of Hac Sa Beach.

由於往來黑沙海灘的觀眾人流較多，呼籲市民盡量乘搭公共交通工具。
Due to the large number of spectators travelling to and from Hac Sa Beach, the public is urges to take public transport as much as possible.

hush! Beach Concerts 沙灘音樂會 Concertos na Praia × 城市運動節 2026 Urban Sports Wellfest Festival do Bem-Estar Desportivo Urbano

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參加指南 Event Guide

穿梭巴士換乘篇
Shuttle Bus Transfers

關閘 Border Gate

氹仔客運碼頭 Taipa Ferry Terminal

橫琴口岸 Hengqin Port

港珠澳大橋邊檢大樓 Hong Kong-Zhuhai-Macau Bridge Frontier Port

美高梅穿梭巴士 MGM Shuttle Bus



美獅美高梅(B1穿梭巴士大堂，7號站)
MGM COTAI (B1 Shuttle Bus Station, Stop#7)

活動免費接駁巴士 Event Free Shuttle Bus

黑沙海灘 Hac Sa Beach



hush! Beach Concerts 沙灘音樂會
Concertos na Praia

× 城市運動節 2026 Urban Sports
Wellfest Festival do Bem-Estar Desportivo Urbano

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公共巴士篇
Public Transportation

關閘口岸路線
Border Gate Route

去程
To Hac Sa

關閘總站
Portas do Cerco
(D車道 Lane D)
【3X/3】

轉乘
Tranfer to

栢港停車場
Auto-silo Pak Kong
【26A】

栢港停車場
Auto-silo Pak Kong
【3X/3】

轉乘
Tranfer to

黑沙海灘
Hac Sa Beach
【26A】

回程
To Border Gate

約1小時30分鐘
approx. 1 hr 30 mins

青茂口岸路線
Qingmao Route

去程
To Hac Sa

青洲/
聖德蘭學校
Cons. Borja/
Escola S. Teresa
【26A】

青洲/
嘉應花園
Cons. Borja/
Edf. Mayfair
Garden

黑沙海灘
Hac Sa Beach
【26A】

回程
To Qingmao

約1小時30分鐘
approx. 1 hr 30 mins

港澳碼頭路線
Outer Harbour Ferry Terminal Route

去程
To Hac Sa

外港碼頭
Outer Harbour Ferry Terminal
(B車道 Lane B)
【102】

轉乘
Tranfer to

蓮花路停車場
Auto-silo da Estrada
Flor de Lótus
【26A/21A】

蓮花路停車場
Auto-silo da Estrada
Flor de Lótus
【102】

轉乘
Tranfer to

黑沙海灘
Hac Sa Beach
【26A】

回程
To Outer Harbour
Ferry Terminal

約1小時15分鐘
approx. 1 hr 15 mins



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公共巴士篇
Public Transportation

氹仔客運碼頭路線
Taipa Ferry Terminal Route

去程
To Hac Sa

氹仔客運碼頭
Taipa Ferry Terminal
(A車道 Lane A)
【51A】

轉乘
Tranfer to

和諧廣場
業興大廈
Al. Da Harmonaia
Edf. Ip Heng
【26A/21A】

黑沙海灘
Hac Sa Beach
【26A/21A】

回程
To Taipa Ferry Terminal

和諧廣場
樂群樓
Al. Da Harmonaia
Edf. Lok Kuan
【51A】

轉乘
Tranfer to

約54分鐘
approx. 54 mins

港珠澳大橋邊檢大樓路線
Hong Kong-Zhuhai-Macao Bridge Checkpoint Route

去程
To Hac Sa

港珠澳大橋邊檢大樓
Hong Kong-Zhuhai-Macau
Bridge Checkpoint
(G車道 Lane G)
【102X】

轉乘
Tranfer to

蓮花路停車場
Auto-silo da Estrada
Flor de Lótus
【26A/21A】

黑沙海灘
Hac Sa Beach
【21A】

回程
To Hong Kong-Zhuhai-Macau
Bridge Frontier Port

史伯泰/盧廉若
Espartero /
Lou Lim Ieok
【102X】

轉乘
Tranfer to

約1小時30分鐘
approx. 1 hr 30 mins

橫琴口岸路線
Hengqin Port Route

去程
To Hac Sa

橫琴澳方口岸
Macao-Hengqin
Frontier Post
【50】

轉乘
Tranfer to

石排灣郊野公園
Parque de
Seac Pai Van
【26A/21A】

黑沙海灘
Hac Sa Beach
【26A/21A】

回程
To Taipa Ferry Terminal

連貫公路/新濠影匯
[步行4分鐘]
蓮花圓形地
Estr. do Istmo / Studio City
[Walk approx. 4 mins]
Rotunda Flor de Lótus
【701X】

轉乘
Tranfer to

約50分鐘
approx. 50 mins



hush! Beach Concerts 沙灘音樂會
Concertos na Praia

×

城市運動節 2026 Urban Sports Wellfest
Festival do Bem-Estar Desportivo Urbano

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保持場地及沙灘清潔

Keeping the venue clean

惡劣天氣安排
Adverse weather arrangement

	如雷暴警告生效，活動須暫停，相關警告除下後，活動將隨即恢復。 If a thunderstorm warning is in force or issued, the event will be suspended. Once the warning is removed, the event will resume immediately.
黃 AMARELO 1T	如一號颱風訊號和/或黃色暴雨訊號生效，活動將繼續進行或視乎實際情況而定。 In case Typhoon Signal No. 1 and / or Yellow Rainstorm is in force or issued, the event will be continued or subject to availability.
VERMELHO 3⊥	如三號颱風訊號和/或紅色暴雨訊號生效，部分活動暫停，並根據現場實際情況作進一步官方公告。 In case Typhoon Signal No. 3 and / or Red Rainstorm is in force or issued, some activities will be suspended and further official announcements will be made according to the actual situation on site.
PRETO 8▲ 西北 NW 8▼ 西南 SW 8▼ 東南 SE 8▲ 東北 NE	如活動當日早上六時發出八號颱風的預報、或八號颱風訊號及黑色暴雨正在生效，活動須延期舉行/取消。 In case there is Pre-Typhoon Signal No. 8 Special Announcement, Typhoon Signal No. 8 or Black Rainstorm is in force or issued at 6:00 a.m. in the event day morning, the event shall be postponed at a later time/ canceled. 如果上述天氣警告在活動期間生效，活動將立即取消，並建議參與者轉移到安全的地方。 If the above warning signs are effective during the event, the event will be canceled immediately, participants are recommended moving to safe places.

如活動期間遇到不穩定天氣，進一步的公告和安排將於台上公佈

If unstable weather is encountered during the event, further official announcement and arrangement will be announced on stage

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主辦單位
Organisers

文化體育局
Direcção dos Serviços de Cultura e Desporto

MGM 美高梅

協辦單位
Co-organisers

市政署 INSTITUTO PARA OS ASSUNTOS MUNICIPAIS

海事及水務局 Direcção dos Serviços de Assuntos Marítimos e de Água

澳門特別行政區政府旅遊局
DIRECÇÃO DOS SERVIÇOS DE TURISMO
MACAO GOVERNMENT TOURISM OFFICE

支持單位
Supported by

AIR MACAU 澳門航空

大豐銀行 BANCO TAI FUNG

ICBC 工银澳门

BNU Banco Nacional Ultramarino 大西洋銀行

OCBC

Sprite

BEVTECH Limited 貝達有限公司

MONSTER ENERGY

