

# 特別課程一覽 SPECIAL COURSES LISTING

堂數 No of class : 11 (每堂55分鐘 55mins/session)

上課日期 Course Date	時間 Time	課程編號 Code	課程 Course	導師 Instructor
<b>星期一 Monday</b>				
8/7 -16/9	10:30-11:25am	SC101	芭蕾舞熱身 (地板芭蕾舞訓練及伸展) Ballet Pre-class Warm Up (Floor Ballet and Stretching)	伍美宜 Emily NG
	11:30am-12:25pm	SC102	芭蕾舞 初級班 Ballet Elementary	伍美宜 Emily NG
<b>星期二 Tuesday</b>				
2/7 - 10/9	10:30-11:25am	SC103	身體肌力與體能訓練 Muscle Toning and Cardio Training	歐凱樺 Annie AU
	11:30am-12:25pm	SC104	頌鉢身心放鬆伸展 Stretch and relax with singing bowl	歐凱樺 Annie AU
	5:45-6:40pm	SC105	Easy Dance	勞詩曼 Amanda LO
<b>星期三 Wednesday</b>				
3/7 - 11/9	10:30-11:25am	SC106	芭蕾舞 初級班 Ballet Elementary	黃寶蕾 Jasmin WONG
	11:30am-12:25pm	SC107	當代芭蕾舞 初級班 Contemporary Ballet Elementary	黃寶蕾 Jasmin WONG
<b>星期四 Thursday</b>				
4/7 - 12/9	10:30-11:25am	SC108	Fit with Ballet	王麗庭 Lighting WONG
	11:30am-12:25pm	SC109	當代舞 入門班 Contemporary Dance Introductory	王麗庭 Lighting WONG
	5:45-6:40pm	SC110	Zumba Fitness	趙浩然 Rex CHIU
	7:00-7:55pm	SC111	Funky Dance	黃振棠 Michael WONG
<b>星期五 Friday</b>				
5/7 - 13/9	10:30-11:25am	SC112	瑜珈 初級班 Yoga Elementary	康文英 Monica HONG
	11:30am-12:25pm	SC113	陰瑜珈及深度放鬆 Yin Yoga and Relaxation	康文英 Monica HONG
<b>星期六 Saturday</b>				
6/7 - 14/9	12:00nn-12:55pm	SC114	當代舞 入門班 Contemporary Introductory	丘善行 Simpson YAU
	1:00-1:55pm	SC115	Hip Hop Jazz 入門班 Introductory	陸耀麟 Anfernee LUK
	5:30-6:25pm	SC116	身體肌力與體能訓練 Muscle Toning and Cardio Training	歐凱樺 Annie AU
<b>星期日 Sunday</b>				
7/7 - 15/9	12:00nn-12:55pm	SC117	Girls Hip Hop 入門班 Introductory	勞詩曼 Amanda LO
	1:00-1:55pm	SC118	K Pop入門班 Introductory	勞詩曼 Amanda LO