

舞蹈課程一覽 Dance Courses Listing

上課日期 Course Date	時間 Time	編號 Code	課程 Course	導師 Instructor
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星期一 Monday

23/9 - 9/12	7:00-8:20pm	CO101	當代舞 Contemporary Dance (初級班 Elementary)	林詠茵 Peggy LAM
	7:00-8:20pm	GH101	Girls Hip Hop (入門班 Introductory)	韓淑賢 Suyi HON
	8:30-9:50pm	CO104	當代舞 Contemporary Dance (初級進階班 Elementary Progressive)	林詠茵 Peggy LAM
	8:30-9:50pm	LT101	拉丁舞 Latin (入門班 Introductory)	何芳婷 Fonteyn HO

星期二 Tuesday

24/9 - 10/12	7:00-8:20pm	BD101	芭蕾舞 Ballet (入門班 Introductory) (取消 Cancelled)	莊綺婷 Tally ZHUANG
	7:00-8:20pm	JK101	Jazz Funk (初級班 Elementary)	戴紫琚 TAI Tsz-kwan
	7:00-8:20pm	AY101	瑜珈 Yoga (初級班 Elementary)	麥琬兒 Natalie MAK
	8:30-9:50pm	MD101	舞蹈初體驗 Beginner Mix Dance (入門班 Introductory)	白濼銘 PAK Wei-ming
	8:30-9:50pm	DB101	修身舞 Dance for Body Shaping	霍嘉穎 FOK Ka-wing
	8:30-9:50pm	KP101	K-Pop (初級班 Elementary)	徐梓鴻 Fuchsia TSUI

星期三 Wednesday

25/9 - 11/12	7:00-8:20pm	AY102	瑜珈 Yoga (初級班 Elementary)	胡穎思 Jennifer WU
	7:00-8:20pm	CO102	當代舞 Contemporary Dance (初級班 Elementary)	李家祺 LEE Ka-ki
	7:00-8:20pm	KP102	K-Pop (初級班 Elementary)	陸耀麟 Anfernee LUK
	8:30-9:50pm	BD102	芭蕾舞 Ballet (入門班 Introductory)	黃曼喬 Barbie WONG
	8:30-9:50pm	YS101	瑜珈伸展 Yoga Stretch (初級班 Elementary)	胡穎思 Jennifer WU

星期四 Thursday

26/9 - 12/12	7:00-8:20pm	CD101	中國舞基訓 Chinese Dance Basic Training	莊陳波 CHONG Chan-po
	8:30-9:50pm	LA101	LA Jazz (初級班 Elementary)	黃振棠 Michael WONG
	8:30-9:50pm	PM101	Pilates Mat Work	王麗庭 Lighting WONG

星期五 Friday

27/9 - 13/12	7:00-8:20pm	CB101	當代芭蕾舞 Contemporary Ballet (入門班 Introductory)	莊綺婷 Tally ZHUANG
	7:00-8:20pm	KP103	K-Pop (初級班 Elementary) <b>(取消 Cancelled)</b>	王麗庭 Lighting WONG
	8:30-9:50pm	GH102	Girls Hip Hop (初級班 Elementary) <b>(取消 Cancelled)</b>	楊凱妮 Ella YEUNG
	8:30-9:50pm	SY101	開肩開髖瑜珈 Shoulders and Hips Opening Yoga	郭文靜 Pinki KWOK

星期六 Saturday

28/9 - 14/12	10:00-11:20am	BD103	芭蕾舞 Ballet (初級班 Elementary)	黃曼喬 Barbie WONG
	11:30am-12:50pm	CB102	當代芭蕾舞 Contemporary Ballet (初級班 Elementary)	黃曼喬 Barbie WONG
	2:30-3:50pm	HJ101	Hip Hop Jazz (初級班 Elementary)	陸耀麟 Anfernee LUK
	2:30-3:50pm	YS102	瑜珈伸展 Yoga Stretch (初級班 Elementary)	譚泮樺 Malvina TAM
	4:00-5:20pm	KP104	K-Pop (初級班 Elementary)	陸耀麟 Anfernee LUK
	4:00-5:20pm	AY103	瑜珈 Yoga (初級班 Elementary)	譚泮樺 Malvina TAM
	5:30-6:50pm	BP101	足尖芭蕾舞 Ballet Pointe (入門班 Introductory)	黃琬宜 Claudeanna WONG
	7:00-8:20pm	CD102	中國舞基訓 Chinese Dance Basic Training (初級班 Elementary)	于蘭 Fish YU
	7:00-8:20pm	CO103	當代舞 Contemporary Dance (初級班 Elementary)	歐凱樺 Annie AU
	8:30-9:50pm	BD104	芭蕾舞 Ballet (初級進階班 Elementary Progressive)	黃琬宜 Claudeanna WONG

星期日 Sunday

29/9 - 15/12	1:00-2:20pm	DS101	Dance and Stretch	查海欣 CHAR Hoi-yan
	2:30-3:50pm	FT101	Fit Dance	白灘銘 PAK Wei-ming
	2:30-3:50pm	YD101	塑身排毒瑜珈 Slim and Detox Yoga	麥琬兒 Natalie MAK
	4:00-5:20pm	SD101	Street Dance (初級班 Elementary)	蘇樂鍵 Lokin SO
	4:00-5:20pm	ED101	Easy Dance (入門班 Introductory)	霍嘉穎 FOK Ka-wing
	4:00-5:20pm	YB101	頌鉢瑜珈 Yoga with Singing Bowl	郭文靜 Pinki KWOK