

舞蹈課程一覽 Dance Courses Listing

堂數 No of class : 11 堂 Sessions (每堂80分鐘 80mins/session)

費用 Fee HK\$1,675

上課日期 Course Date	時間 Time	編號 Code	課程 Course	導師 Instructor
星期一 Monday				
6/1-24/3	7:00-8:20pm	CO102	當代舞 Contemporary Dance (初級班 Elementary)	林詠茵 Peggy LAM
	7:00-8:20pm	GH101	Girl's Hip Hop (入門班 Introductory)	韓淑賢 Suyi HON
	7:00-8:20pm	KP101	K-Pop (初級班 Elementary)	楊凱妮 Ella YEUNG
	8:30-9:50pm	CO105	當代舞 Contemporary Dance (初級進階班 Elementary Progressive)	林詠茵 Peggy LAM
	8:30-9:50pm	JK101	Jazz Funk (初級班 Elementary)	楊凱妮 Ella YEUNG
	8:30-9:50pm	LT101	拉丁舞 Latin (入門班 Introductory)	何芳婷 Fonteyn HO
星期二 Tuesday				
7/1-25/3	7:00-8:20pm	AY101	瑜珈 Yoga (初級班 Elementary)	麥琬兒 Natalie MAK
	7:00-8:20pm	DR101	舞蹈日常 Dance Routine (入門班 Introductory)	莊綺婷 Tally ZHUANG
	7:00-8:20pm	JK102	Jazz Funk (初級班 Elementary)	戴紫琚 TAI Tsz-kwan
	8:30-9:50pm	MD101	舞蹈初體驗 Beginner Mix Dance (入門班 Introductory)	白瀨銘 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	KP102	K-Pop (初級班 Elementary)	徐梓鴻 Fuchsia TSUI
星期三 Wednesday				
8/1-26/3	7:00-8:20pm	AY102	瑜珈 Yoga (初級班 Elementary)	胡穎思 Jennifer WU
	7:00-8:20pm	CO103	當代舞 Contemporary Dance (初級班 Elementary)	李家祺 LEE Ka-ki
	7:00-8:20pm	KP103	K-Pop (初級班 Elementary)	陸耀麟 Anfernee LUK
	8:30-9:50pm	BD101	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				
9/1-27/3	7:00-8:20pm	CD101	中國舞基訓 Chinese Dance Basic Training (初級班 Elementary)	莊陳波 CHONG Chan-po
	7:00-8:20pm	CG101	當代舞小品 Contemporary Dance Choreography (初級進階班 Elementary Progressive)	黎家寶 Bobo LAI
	8:30-9:50pm	CS101	中國舞身韻 Chinese Dance Shen Yun (初級班 Elementary)	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				
10/1-28/3	7:00-8:20pm	BE101	肚皮舞 Belly Dance (初級班 Elementary)	曾莉嘉 Kate TSANG
	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	HY101	音頻療癒瑜珈 Sound Healing Yoga	郭文靜 Pinki KWOK
	8:30-9:50pm	BE201	肚皮舞 Belly Dance (中級班 Intermediate)	曾莉嘉 Kate TSANG
	8:30-9:50pm	GY101	全方位瑜珈伸展 Gentle Yoga Stretch	郭文靜 Pinki KWOK
	8:30-9:50pm	HF101	HIIT Mix Fitness	白瀨銘 PAK Wei-ming

星期六 Saturday				
11/1-29/3	10:00-11:20am	BD102	芭蕾舞 Ballet (初級班 Elementary)	黃曼喬 Barbie WONG
	11:30am-12:50p	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)	麥琬兒 Natalie MAK
	4:00-5:20pm	AY103	瑜珈 Yoga (初級班 Elementary)	麥琬兒 Natalie MAK
	4:00-5:20pm	KP104	K-Pop (初級班 Elementary)	陸耀麟 Anfernee LUK
	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	BD103	芭蕾舞 Ballet (初級班 Elementary)	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	CO104	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
8:30-9:50pm	CG102	當代舞小品 Contemporary Dance Choreography (初級進階班 Elementary Progressive)	歐凱樺 Annie AU	

星期日 Sunday				
12/1-30/3	10:00-11:20am	CS102	中國舞身韻 Chinese Dance Shen Yun (初級班 Elementary)	麥琬兒 Natalie MAK
	11:30am-12:50p	CO101	當代舞 Contemporary Dance (入門班 Introductory)	查海欣 CHAR Hoi-yan
	1:00-2:20pm	DS101	Dance and Stretch	查海欣 CHAR Hoi-yan
	1:00-2:20pm	TJ101	Theatre Jazz (初級班 Elementary)	趙浩然 Rex CHIU
	2:30-3:50pm	FT101	Fit Dance	白灑銘 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	ED101	Easy Dance (入門班 Introductory)	霍嘉穎 FOK Ka-wing
	4:00-5:20pm	SD101	Street Dance (初級班 Elementary)	蘇樂鍵 Lokin SO
	4:00-5:20pm	YB101	頌鉢瑜珈 Yoga with Singing Bowl	郭文靜 Pinki KWOK