

特別課程一覽 SPECIAL COURSES LISTING

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

費用 Fee HK\$1,090 / HK\$1,745 (兩項課程 2 Courses)

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	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 Ballet (初級班 Elementary)	伍美宜 Emily NG
	4:45-5:40pm	SC103	Zumba Fitness Plus	趙浩然 Rex CHIU
星期二 Tuesday				
7/1-25/3	10:30-11:25am	SC104	身體肌力與體能訓練 Muscle Toning and Cardio Training	歐凱樺 Annie AU
	11:30am-12:25pm	SC105	頌鉢身心放鬆伸展 Stretch and relax with singing bowl	歐凱樺 Annie AU
星期三 Wednesday				
8/1-26/3	10:30-11:25am	SC106	芭蕾舞 Ballet (初級班 Elementary)	黃曼喬 Barbie WONG
	11:30am-12:25pm	SC107	當代芭蕾舞 Contemporary Ballet (初級班 Elementary)	黃曼喬 Barbie WONG
星期四 Thursday				
9/1-27/3	10:30-11:25am	SC108	痛症「自」療班 Pain self-care class	查海欣 CHAR Hoi-yan
	11:30am-12:25pm	SC109	當代舞 Contemporary Dance (入門班 Introductory)	查海欣 CHAR Hoi-yan
	5:45-6:40pm	SC110	Zumba Fitness	趙浩然 Rex CHIU
	7:00-7:55pm	SC111	Funky Dance	黃振棠 Michael WONG
星期五 Friday				
10/1-28/3	10:30-11:25am	SC112	瑜珈 Yoga (初級班 Elementary)	康文英 Monica HONG
	11:30am-12:25pm	SC113	舒壓與伸展 Destress & Stretch	康文英 Monica HONG
	5:45-6:40pm	SC114	芭蕾舞爵士舞 Ballet Jazz	薛素蘭 Gloria SIT
星期六 Saturday				
11/1-29/3	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
星期日 Sunday				
12/1-30/3	12:00nn-12:55pm	SC117	Jazz 爵士舞 (入門班 Introductory)	趙浩然 Rex CHIU