

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				
7/4-23/6	7:00-8:20pm	CO101	當代舞 Contemporary Dance (初級班 Elementary)	林詠茵 Peggy LAM
		GH101	Girl's Hip Hop (入門班 Introductory)	韓淑賢 Suyi HON
		KP102	K-Pop (初級班 Elementary)	楊凱妮 Ella YEUNG
	8:30-9:50pm	CO104	當代舞 Contemporary Dance (初級進階班 Elementary Progressive)	林詠茵 Peggy LAM
		JK101	Jazz Funk (初級班 Elementary)	楊凱妮 Ella YEUNG
		LT101	拉丁舞 Latin (入門班 Introductory)	何芳婷 Fonteyn HO
星期二 Tuesday				
8/4-17/6	7:00-8:20pm	BD104	芭蕾舞 Ballet (初級進階班 Elementary Progressive)	樂知靄 Shirley LOK
		JK102	Jazz Funk (初級班 Elementary)	戴紫瑤 TAI Tsz-kwan
		AY101	瑜珈 Yoga (初級班 Elementary)	麥婉兒 Natalie MAK
	8:30-9:50pm	CB101	當代芭蕾舞 Contemporary Ballet (初級班 Elementary)	樂知靄 Shirley LOK
		DB101	修身舞 Dance for Body Shaping	霍嘉穎 FOK Ka-wing
		KP101	K-Pop 入門班 Introductory)	戴紫瑤 TAI Tsz-kwan
星期三 Wednesday				
9/4-18/6	7:00-8:20pm	CO102	當代舞 Contemporary Dance (初級班 Elementary)	李家祺 LEE Ka-ki
		GY101	全方位瑜珈伸展 Gentle Yoga Stretch	胡穎恩 Jennifer WU
		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
		GH102	Girl's Hip Hop (初級班 Elementary)	楊凱妮 Ella YEUNG
		YS101	瑜珈伸展 Yoga Stretch (初級班 Elementary)	胡穎恩 Jennifer WU
星期四 Thursday				
10/4-26/6	7:00-8:20pm	CD101	中國舞基訓 Chinese Dance Basic Training (初級班 Elementary)	莊陳波 CHONG Chan-po
		CG101	當代舞小品 Contemporary Dance Choreography (初級進階班 Elementary Progressive)	黎姝熹 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
		LA101	LA Jazz (初級班 Elementary)	黃振棠 Michael WONG
		PM101	Pilates Mat Work	王麗庭 Lighting WONG
星期五 Friday				
11/4-27/6	7:00-8:20pm	BE101	肚皮舞 Belly Dance (初級班 Elementary)	曾莉嘉 Kate TSANG
		BJ101	芭蕾舞爵士舞 Ballet Jazz (初級班 Elementary)	薛素蘭 Gloria SIT
		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
		GY102	全方位瑜珈伸展 Gentle Yoga Stretch	郭文靜 Pinki KWOK
		HF101	HIIT Mix Fitness	白瀟銘 PAK Wei-ming
星期六 Saturday				
5/4-28/6	10:00-11:20am	BD102	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
		YS102	瑜珈伸展 Yoga Stretch (初級班 Elementary)	麥婉兒 Natalie MAK
	4:00-5:20pm	AR101	瑜珈環 Yoga Zen Ring	麥婉兒 Natalie MAK
		KP104	K-Pop (初級班 Elementary)	陸耀麟 Anfernee LUK
	5:30-6:50pm	BD103	芭蕾舞 Ballet (初級班 Elementary)	黃婉宜 Claudeanna WONG
		BP101	足尖芭蕾舞 Ballet Pointe (入門班 Introductory)	黃婉宜 Claudeanna WONG
	7:00-8:20pm	AT101	瑜珈 Tabata Yoga Tabata	郭文靜 Pinki KWOK
		CO103	當代舞 Contemporary Dance (初級班 Elementary)	歐凱樺 Annie AU
	8:30-9:50pm	BD105	芭蕾舞 Ballet (初級進階班 Elementary Progressive)	黃婉宜 Claudeanna WONG
		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				
6/4-22/6	10:00-11:20am	CS102	中國舞身韻 Chinese Dance Shen Yun (初級班 Elementary)	麥婉兒 Natalie MAK
	1:00-2:20pm	DS101	Dance and Stretch	查海欣 CHAR Hoi-yan
		TJ101	Theatre Jazz (初級班 Elementary)	趙浩然 Rex CHIU
	2:30-3:50pm	FT101	Fit Dance	白瀟銘 PAK Wei-ming
		YD101	塑身排毒瑜珈 Slim and Detox Yoga	麥婉兒 Natalie MAK
	4:00-5:20pm	PD101	Pop Dance	霍嘉穎 FOK Ka-wing
		SD101	Street Dance (初級班 Elementary)	蘇樂鍵 Lokin SO
		YB101	頌鉢瑜珈 Yoga with Singing Bowl	郭文靜 Pinki KWOK