

2017年第三期舞蹈課程 2017 3rd Term Dance Courses

有關課程內容，請瀏覽中心網頁。For course description, please visit: www.ccdcdc.com.hk

上課時間 Time	課程編號 Course Code	課程名稱 Course Name
星期一 Monday		
5:00-6:25pm	AY101	瑜伽 Yoga (入門班Introductory)
6:45-8:10pm	AB101	身體條件訓練 Body Condition
	AY103	瑜伽 Yoga (初級班Elementary)
	BD201	芭蕾舞 Ballet (中級班Intermediate)
	CB103	當代芭蕾舞 Contemporary Ballet (初級進階班Elementary Progressive)
	CF101	中國民族民間舞 Chinese Folk Dance (初級進階班Elementary Progressive)
	JD101	爵士舞 Jazz (初級班Elementary)
	MD104	現代舞 Modern Dance (初級班Elementary)
	SJ101	街頭爵士舞 Street Jazz (初級班Elementary)
8:15-9:40pm	AB102	身體條件訓練 Body Condition
	BP103	足尖芭蕾舞及變奏 Point Work & Variation (初級進階班Elementary Progressive)
	CP201	劍舞 Sword (中級班Intermediate)
	JD102	爵士舞 Jazz (初級班Elementary)
	JD103	爵士舞 Jazz (初級班Elementary)
	KP101	K-Pop (初級班Elementary)
	MD105	現代舞 Modern Dance (初級班Elementary)
	SJ102	街頭爵士舞 Street Jazz (初級班Elementary)
星期二 Tuesday		
5:00-6:25pm	AY104	瑜伽 Yoga (初級班Elementary)
6:45-8:10pm	SJ103	街頭爵士舞 Street Jazz (初級班Elementary)
	AS101	Pilates訓練 Pilates Mat Work (初級班Elementary)
	AY102	瑜伽 Yoga (入門班Introductory)
	CB101	當代芭蕾舞 Contemporary Ballet (初級班Elementary)
	DB101	修身舞 Dance for Body Shaping
	KP102	K-Pop (初級班Elementary)
	MD106	現代舞 Modern Dance (初級班Elementary)
	MD201	現代舞 Modern Dance (中級班Intermediate)
	TD101	踢踏舞 Tap Dance (初級班Elementary)
8:15-9:40pm	AY105	瑜伽 Yoga (初級班Elementary)
	BD104	芭蕾舞 Ballet (初級進階班Elementary Progressive)
	DB102	修身舞 Dance for Body Shaping
	IE101	整合運動 Integrated Exercise
	JD104	爵士舞 Jazz (初級班Elementary)
	LT102	拉丁舞 Latin Dance (初級進階班Elementary Progressive)
	MD115	現代舞 Modern Dance (初級進階班Elementary Progressive)
	TD101	Theatre Jazz (初級班Elementary)
星期三 Wednesday		
5:00-6:25pm	MD107	現代舞 Modern Dance (初級班Elementary)
6:45-8:10pm	BD202	芭蕾舞 Ballet (中級班Intermediate)
	BE101	肚皮舞 Belly Dance (初級班Elementary)
	CD201	中國舞 Chinese Dance (中級班Intermediate)
	JD105	爵士舞 Jazz (初級班Elementary)
	MD108	現代舞 Modern Dance (初級班Elementary)
	MD202	現代舞 Modern Dance (中級班Intermediate)
	SJ106	街頭爵士舞 Street Jazz (初級進階班Elementary Progressive)
8:15-9:40pm	YF101	流暢動瑜珈 Yoga Flow (初級班Elementary)
	AY106	瑜伽 Yoga (初級班Elementary)
	BD101	芭蕾舞 Ballet (入門班Introductory)
	CL103	水袖 Long Sleeves (初級進階班Elementary Progressive)
	JD112	爵士舞 Jazz (初級進階班Elementary Progressive)
	MD116	現代舞 Modern Dance (初級進階班Elementary Progressive)
	MJ101	現代爵士舞 Modern Jazz (入門班Introductory)
	MJ102	現代爵士舞 Modern Jazz (初級班Elementary)
	YR101	緩和復修瑜珈 Restorative Yoga (初級班Elementary)
星期四 Thursday		
5:00-6:25pm	AS102	Pilates訓練 Pilates Mat Work (初級班Elementary)
	KP103	K-Pop (初級班Elementary)
6:45-8:10pm	MD117	現代舞 Modern Dance (初級進階班Elementary Progressive)
	AB103	身體條件訓練 Body Condition
	AY112	瑜伽 Yoga (初級進階班Elementary Progressive)
	BE201	肚皮舞 Belly Dance (中級班Intermediate)
	CD101	中國舞 Chinese Dance (初級班Elementary)
	GH101	Girls' Hip Hop (初級班Elementary)
	JD106	爵士舞 Jazz (初級班Elementary)
	MD109	現代舞 Modern Dance (初級班Elementary)
	TJ102	Theatre Jazz (初級班Elementary)
8:15-9:40pm	BP101	足尖芭蕾舞 Point Work (初級班Elementary)
	CS101	身韻 Shen Yun (初級班Elementary)
	KP104	K-Pop (初級班Elementary)
	LA201	L.A. Jazz (中級班Intermediate)
	LJ101	Lyrical Jazz (初級班Elementary)
	MD301	現代舞 Modern Dance (高級班Advanced)
	UD101	Urban Dance (初級班Elementary)
	YY101	兩極瑜珈 Yin Yang Yoga (初級班Elementary)

2017年第三期舞蹈課程 (03.07-10.09.2017)

2017 3rd Term Dance Courses (03.07-10.09.2017)

上課時間 Time	課程編號 Course Code	課程名稱 Course Name
星期五 Friday		
5:00-6:25pm	JD107	爵士舞 Jazz (初級班Elementary)
	MD101	現代舞 Modern Dance (入門班Introductory)
6:45-8:10pm	BD102	芭蕾舞 Ballet (初級班Elementary)
	BE103	肚皮舞 (初級進階班Elementary Progressive)
	JD108	爵士舞 Jazz (初級班Elementary)
	LJ102	Lyrical Jazz (初級班Elementary)
	MD110	現代舞 Modern Dance (初級班Elementary)
	TD102	踢踏舞 Tap Dance (初級班Elementary)
	YF102	流暢動瑜珈 Yoga Flow (初級班Elementary)
8:15-9:40pm	YS101	瑜伽伸展 Yoga Stretch (初級班Elementary)
	BD203	芭蕾舞 Ballet (中級班Intermediate)
	HH101	Hip Hop (初級班Elementary)
	LJ103	Lyrical Jazz (初級班Elementary)
	MD102	現代舞 Modern Dance (入門班Introductory)
	MD203	現代舞 Modern Dance (中級班Intermediate)
	TD105	踢踏舞 Tap Dance (初級進階班Elementary Progressive)
	YS102	瑜伽伸展 Yoga Stretch (初級班Elementary)
	YT101	瑜伽伸展治療 Yoga Stretch Therapy
星期六 Saturday		
1:00-2:25pm	MM101	動作與舞蹈 Movement and Dance
2:30-3:55pm	AS201	Pilates訓練 Pilates Mat Work (中級班Intermediate)
	AY107	瑜伽 Yoga (初級班Elementary)
	GH102	Girls' Hip Hop (初級進階班Elementary Progressive)
	KP105	K-Pop (初級班Elementary)
	LD101	拉丁舞 Latin Dance (初級班Elementary)
	MB101	動作與身體感知 Movement and Body Awareness
	SJ104	街頭爵士舞 Street Jazz (初級班Elementary)
4:00-5:25pm	AY108	瑜伽 Yoga (初級班Elementary)
	CB102	當代芭蕾舞 Contemporary Ballet (初級班Elementary)
	HJ102	Hip Hop Jazz (初級進階班Elementary Progressive)
	JD109	爵士舞 Jazz (初級班Elementary)
	JD110	爵士舞 Jazz (初級班Elementary)
	MD204	現代舞 Modern Dance (中級班Intermediate)
	YF103	流暢動瑜珈 Yoga Flow (初級班Elementary)
5:30-6:55pm	AY113	瑜伽 Yoga (初級進階班Elementary Progressive)
	CB104	當代芭蕾舞 Contemporary Ballet (初級進階班Elementary Progressive)
	CL101	水袖 Long Sleeves (初級班Elementary)
	LA101	L.A. Jazz (初級班Elementary)
	MD111	現代舞 Modern Dance (初級班Elementary)
	UD102	Urban Dance (初級班Elementary)
	YS103	瑜伽伸展 Yoga Stretch (初級班Elementary)
	BD105	芭蕾舞 Ballet (初級進階班Elementary Progressive)
7:00-8:25pm	CP101	劍舞 Sword (入門班Introductory)
	CS102	身韻 Shen Yun (初級班Elementary)
	KP106	K-Pop (初級班Elementary)
	LA102	L.A. Jazz (初級班Elementary)
	YS104	瑜伽伸展 Yoga Stretch (初級班Elementary)
8:30-9:55pm	BP102	足尖芭蕾舞 Point Work (初級班Elementary)
	CD102	中國舞 Chinese Dance (初級進階班Elementary Progressive)
	CL102	水袖 Long Sleeves (初級班Elementary)
星期日 Sunday		
10:00-11:25am	AY109	瑜伽 Yoga (初級班Elementary)
	BD106	芭蕾舞 Ballet (初級進階班Elementary Progressive)
	HJ101	Hip Hop Jazz (初級班Elementary)
	JD111	爵士舞 Jazz (初級班Elementary)
	MD112	現代舞 Modern Dance (初級班Elementary)
	YS105	瑜伽伸展 Yoga Stretch (初級班Elementary)
11:30am-12:55pm	AY110	瑜伽 Yoga (初級班Elementary)
	LA103	L.A. Jazz (初級班Elementary)
	MD113	現代舞 Modern Dance (初級班Elementary)
	MD205	現代舞 Modern Dance (中級班Intermediate)
	TD103	踢踏舞 Tap Dance (初級班Elementary)
	PP101	Pop Jazz (初級班Elementary)
	YS106	瑜伽伸展 Yoga Stretch (初級班Elementary)
1:00-2:25pm	AY111	瑜伽 Yoga (初級班Elementary)
	MD206	現代舞 Modern Dance (中級班Intermediate)
	SJ105	街頭爵士舞 Street Jazz (初級班Elementary)
	YS107	瑜伽伸展 Yoga Stretch (初級班Elementary)
2:30-3:55pm	CD103	中國舞 Chinese Dance (初級進階班Elementary Progressive)
	JD113	爵士舞 Jazz (初級進階班Elementary Progressive)
	JK101	Jazz Funk (初級班Elementary)
	KP107	K-Pop (初級班Elementary)
	MD114	現代舞 Modern Dance (初級班Elementary)
	MD207	現代舞 Modern Dance (中級班Intermediate)
	PP101	雙人舞 Partnering (初級班Elementary)
4:00-5:25pm	BD103	芭蕾舞 Ballet (初級班Elementary)
	BE102	肚皮舞 Belly Dance (初級班Elementary)
	CL104	水袖 Long Sleeves (初級進階班Elementary Progressive)
	DT101	劇場舞蹈 Theatre Dance Technique
	MD103	現代舞 Modern Dance (入門班Introductory)
	TD104	踢踏舞 Tap Dance (初級班Elementary)

Dance Course Summary

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