

## 2018年第一期舞蹈課程 2018 1<sup>st</sup> 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](http://www.ccdcdc.com.hk)

上課時間 Time	課程編號 Course Code	課程名稱 Course Name	
<b>星期一 Monday</b>			
5:00-6:25pm	AY101	瑜珈 Yoga (入門班Introductory)	
	AB101	身體條件訓練 Body Condition	
6:45-8:10pm	AY102	瑜珈 Yoga (初級班Elementary)	
	BD203	芭蕾舞 Ballet (中級進階班Intermediate Progressive)	
8:15-9:40pm	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)	
	AB102	身體條件訓練 Body Condition	
	BD102	芭蕾舞 Ballet (初級班Elementary)	
	BP103	足尖芭蕾舞及變奏 Point Work & Variation (初級進階班Elementary Progressive)	
	CP201	劍舞 Sword Dance (中級班Intermediate)	
	JD102	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)	
	<b>星期二 Tuesday</b>		
	5:00-6:25pm	AY103	瑜珈 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)	
8:15-9:40pm	AY104	瑜珈 Yoga (初級班Elementary)	
	CB101	當代芭蕾舞 Contemporary Ballet (初級班Elementary)	
	DB101	修身舞 Dance for Body Shaping	
	HH101	Hip Hop (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	踢躡舞 Tap Dance (初級班Elementary)	
	BD105	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	
	JD103	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)	
	TJ101	Theatre Jazz (初級班Elementary)	
	YY101	兩極瑜珈 Yin Yang Yoga (初級班Elementary)	
<b>星期三 Wednesday</b>			
5:00-6:25pm	MD107	現代舞 Modern Dance (初級班Elementary)	
6:45-8:10pm	BD201	芭蕾舞 Ballet (中級班Intermediate)	
	BE101	肚皮舞 Belly Dance (初級班 Elementary)	
8:15-9:40pm	CD201	中國舞基訓 Chinese Dance (中級班Intermediate)	
	JD104	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)	
	YF101	流暢動瑜珈 Yoga Flow (初級班Elementary)	
	AY105	瑜珈 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)	
	JD108	爵士舞 Jazz (初級進階班 Elementary Progressive)	
	JK101	Jazz Funk (初級班Elementary)	
	MD116	現代舞 Modern Dance (初級進階班Elementary Progressive)	
	MJ101	現代爵士舞 Modern Jazz (初級班 Elementary)	
	YS101	瑜珈伸展 Yoga Stretch (初級班Elementary)	
	<b>星期四 Thursday</b>		
5:00-6:25pm	AS102	Pilates訓練 Pilates Mat Work (初級班 Elementary)	
6:45-8:10pm	KP102	K-Pop (初級班Elementary)	
	MD117	現代舞 Modern Dance (初級進階班 Elementary Progressive)	
8:15-9:40pm	AB103	身體條件訓練 Body Condition	
	AY111	瑜珈 Yoga (初級進階班Elementary Progressive)	
	BE201	肚皮舞 Belly Dance (中級班Intermediate)	
	CD102	中國舞基訓 Chinese Dance (初級班Elementary)	
	GH101	Girls' Hip Hop (初級班Elementary)	
	MD109	現代舞 Modern Dance (初級班Elementary)	
	TJ102	Theatre Jazz (初級班Elementary)	
	WC101	Jazz TWC (初級班Elementary)	
	BP101	足尖芭蕾舞 Point Work (初級班Elementary)	
	CS101	身韻 Shen Yun (初級班 Elementary)	
	KP103	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)	
YY102	兩極瑜珈 Yin Yang Yoga (初級班Elementary)		