

2019年第四期舞蹈課程 4th 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			
6:45-8:10pm	AB101	身體條件訓練 Body Condition	
	AY101	瑜珈 Yoga (初級班Elementary)	
	BD203	芭蕾舞 Ballet (中級進階班Intermediate Progressive)	
	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
		BD102	芭蕾舞 Ballet (初級班Elementary)
BP103		足尖芭蕾舞及變奏 Pointe Work & Variation (初級進階班Elementary Progressive)	
CD104		中國舞基訓 Chinese Dance Basic Training (初級進階班Elementary Progressive)	
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)	
星期二 Tuesday			
5:00-6:25pm		AY102	瑜珈 Yoga (初級班Elementary)
	SJ103	街頭爵士舞 Street Jazz (初級班Elementary)	
6:45-8:10pm	AS101	Pilates地蓆訓練 Pilates Mat Work (初級班Elementary)	
	AY103	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	
	JK101	Jazz Funk (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	踢躑舞 Tap Dance (初級班Elementary)	
	8:15-9:40pm	BD105	芭蕾舞 Ballet (初級進階班Elementary Progressive)
		HH101	Hip Hop (初級班Elementary)
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)	
MD116		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)	
星期三 Wednesday			
5:00-6:25pm	CC101	中國古典舞基訓 Chinese Classical Basic Training (初級班Elementary)	
	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)	
	CD201	中國舞基訓 Chinese Dance Basic Training (中級班Intermediate)	
	JD104	爵士舞 Jazz (初級班Elementary)	
	LJ101	Lyrical 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)	
	YF101	流暢動瑜珈 Yoga Flow (初級班Elementary)	
	8:15-9:40pm	AY104	瑜珈 Yoga (初級班Elementary)
		BD101	芭蕾舞 Ballet (入門班Introductory)
CL102		水袖 Long Sleeves (初級進階班Elementary Progressive)	
JK102		Jazz Funk (初級班Elementary)	
MD109		現代舞 Modern Dance (進階班Elementary)	
MD117		現代舞 Modern Dance (初級進階班Elementary Progressive)	
MJ101		現代爵士舞 Modern Jazz (初級班Elementary)	
YN101		肩頸瑜珈 Yoga for Shoulder & Neck (初級班Elementary)	
星期四 Thursday			
5:00-6:25pm		AS102	Pilates地蓆訓練 Pilates Mat Work (初級班Elementary)
	KP102	K-Pop (初級班Elementary)	
6:45-8:10pm	MD118	現代舞 Modern Dance (初級進階班Elementary Progressive)	
	AB103	身體條件訓練 Body Condition	
	AY110	瑜珈 Yoga (初級進階班Elementary Progressive)	
	BE102	肚皮舞 Belly Dance (初級進階班Elementary Progressive)	
	CD101	中國舞基訓 Chinese Dance Basic Training (初級班Elementary)	
	GH101	Girls' Hip Hop (初級班Elementary)	
	JD105	爵士舞 Jazz (初級班Elementary)	
	MD110	現代舞 Modern Dance (初級班Elementary)	
	WC101	Jazz TWC (初級班Elementary)	
	8:15-9:40pm	BP101	足尖芭蕾舞 Pointe 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)	
LJ102		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)	

2019年第四期舞蹈課程 (23.09-03.12.2019)

2019 4th Term Dance Courses (23.09-03.12.2019)

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	JD106	爵士舞 Jazz (初級班Elementary)	
	MD101	現代舞 Modern Dance (入門班Introductory)	
6:45-8:10pm	BD103	芭蕾舞 Ballet (初級班Elementary)	
	JD107	爵士舞 Jazz (初級班Elementary)	
	JK103	Jazz Funk (初級班Elementary)	
	LJ103	Lyrical Jazz (初級班Elementary)	
	MD111	現代舞 Modern Dance (初級班Elementary)	
	SD101	Sexy Dance (初級班Elementary)	
	TD102	踢躑舞 Tap Dance (初級班Elementary)	
	YS101	瑜珈伸展 Yoga Stretch (初級班Elementary)	
	8:15-9:40pm	BD202	芭蕾舞 Ballet (中級班Intermediate)
		HH102	Hip Hop (初級班Elementary)
LJ104		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		踢躑舞 Tap Dance (初級進階班Elementary Progressive)	
YS102		瑜珈伸展 Yoga Stretch (初級班Elementary)	
YT101		瑜珈伸展治療 Yoga Stretch Therapy	
星期六 Saturday			
1:00-2:25pm		MM101	動作與舞蹈 Movement and Dance
	AS201	Pilates地蓆訓練 Pilates Mat Work (中級班Intermediate)	
2:30-3:55pm	AY105	瑜珈 Yoga (初級班Elementary)	
	GH103	Girls' Hip Hop (初級進階班Elementary Progressive)	
	LT101	拉丁舞 Latin Dance (初級班Elementary)	
	MB101	動作與身體覺知 Movement and Body Awareness	
	MJ102	現代爵士舞 Modern Jazz (初級班Elementary)	
	SJ105	街頭爵士舞 Street Jazz (初級進階班Elementary Progressive)	
	4:00-5:25pm	AY106	瑜珈 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)
		JD108	爵士舞 Jazz (初級班Elementary)
KP104		K-Pop (初級班Elementary)	
WC102		Jazz TWC (初級班Elementary)	
YF102		流暢動瑜珈 Yoga Flow (初級班Elementary)	
5:30-6:55pm		AY111	瑜珈 Yoga (初級進階班Elementary Progressive)
		CB104	當代芭蕾舞 Contemporary Ballet (初級進階班Elementary Progressive)
		EF101	Easy Fit 2.0
	LA101	L.A. Jazz (初級班Elementary)	
	MD112	現代舞 Modern Dance (初級班Elementary)	
	UD102	Urban Dance (初級班Elementary)	
	YS103	瑜珈伸展 Yoga Stretch (初級班Elementary)	
	7:00-8:25pm	BD106	芭蕾舞 Ballet (初級進階班Elementary Progressive)
		CD102	中國舞基訓 Chinese Dance Basic Training (初級班Elementary)
		CS104	身韻 Shen Yun (初級進階班Elementary Progressive)
MD204		現代舞 Modern Dance (中級班Intermediate)	
WC103		Jazz TWC (初級班Elementary)	
YS104		瑜珈伸展 Yoga Stretch (初級班Elementary)	
8:30-9:55pm		BP102	足尖芭蕾舞 Pointe Work (初級班Elementary)
		CS102	身韻 Shen Yun (初級班Elementary)
		CL101	水袖 Long Sleeves (初級班Elementary)
		星期日 Sunday	
10:00-11:25am	AY107	瑜珈 Yoga (初級班Elementary)	
	BD107	芭蕾舞 Ballet (初級進階班Elementary Progressive)	
	HJ101	Hip Hop Jazz (初級班Elementary)	
	WC104	Jazz TWC (初級班Elementary)	
	MD113	現代舞 Modern Dance (初級班Elementary)	
	YS105	瑜珈伸展 Yoga Stretch (初級班Elementary)	
	11:30am-12:55pm	AY108	瑜珈 Yoga (初級班Elementary)
		LA102	L.A. Jazz (初級班Elementary)
		MD114	現代舞 Modern Dance (初級班Elementary)
		MD205	現代舞 Modern Dance (中級班Intermediate)
TD103		踢躑舞 Tap Dance (初級班Elementary)	
YS106		瑜珈伸展 Yoga Stretch (初級班Elementary)	
1:00-2:25pm		AY109	瑜珈 Yoga (初級班Elementary)
		MD206	現代舞 Modern Dance (中級班Intermediate)
		SJ104	街頭爵士舞 Street Jazz (初級班Elementary)
		YS107	瑜珈伸展 Yoga Stretch (初級班Elementary)
	2:30-3:55pm	BD108	芭蕾舞 Ballet (初級進階班Elementary Progressive)
		CD103	中國舞基訓 Chinese Dance Basic Training (初級班Elementary)
		JD109	爵士舞 Jazz (初級進階班Elementary Progressive)
		GH102	Girls' Hip Hop (初級班Elementary)
		MD115	現代舞 Modern Dance (初級班Elementary)
		MD207	現代舞 Modern Dance (中級班Intermediate)
4:00-5:25pm		BD104	芭蕾舞 Ballet (初級班Elementary)
		CS103	身韻 Shen Yun (初級班Elementary)
		MD103	現代舞 Modern Dance (入門班Introductory)
		SD102	Sexy Dance (初級進階班Elementary Progressive)
TD104	踢躑舞 Tap Dance (初級班Elementary)		

Dance Course Summary