

舞蹈課程概覽

Dance Course Summary

2024年第一季舞蹈課程 2024 1ST Term Dance Courses (05.01-28.03.2024)

*每項課程費用 Fee per course: \$1,595 | 共11堂 Sessions

*適合13歲或以上 For aged 13 or above

詳情 Details



時間 Time	課程編號 Code	課程 Course	導師 Instructor
星期一 Monday			
7:00-8:20pm	CO104	當代舞 Contemporary Dance (初級班 Elementary)	林詠茵 Peggy LAM
	GH101	Girls Hip Hop (入門班 Introductory)	韓淑賢 Suyi HON
	KP101	K-Pop (初級班 Elementary)	白濰銘 PAK Wei-ming
8:30-9:50pm	CO109	當代舞 Contemporary Dance (初級進階班 Elementary Progressive)	林詠茵 Peggy LAM
	KP102	K Pop (初級班 Elementary)	韓淑賢 Suyi HON
	LT101	拉丁舞 Latin (入門班 Introductory)	何芳婷 Fonteyn HO
星期二 Tuesday			
7:00-8:20pm	AY101	瑜珈 Yoga (初級班 Elementary)	麥琬兒 Natalie MAK
	BD102	芭蕾舞 Ballet (初級班 Elementary)	伍美宜 Emily NG
	CF101	中國民族舞 Chinese Folk Dance (入門班 Introductory)	于蘭 Fish YU
8:30-9:50pm	CO101	當代舞 Contemporary Dance (入門班 Introductory)	鄺彥璋 Eric KWONG
	DB101	修身舞 Dance for Body Shaping	霍嘉穎 FOK Ka-wing
	YY101	陰陽瑜珈 Yin Yang Yoga (初級班 Elementary)	麥琬兒 Natalie MAK
星期三 Wednesday			
7:00-8:20pm	AY102	瑜珈 Yoga (初級班 Elementary)	胡穎思 Jennifer WU
	CO105	當代舞 Contemporary Dance (初級班 Elementary)	李家祺 LEE Ka-ki
	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)	任詠楠 Brian YAM
	CO102	當代舞 Contemporary Dance (入門班 Introductory)	李家祺 LEE Ka-ki
	YS101	瑜珈伸展 Yoga Stretch (初級班 Elementary)	胡穎思 Jennifer WU
星期四 Thursday			
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 Contemporay Dance Choreography (初級進階班 Elementary Progressive)	黎家寶 Bobo LAI
8:30-9:50pm	CO106	當代舞 Contemporary Dance (初級班 Elementary)	黎家寶 Bobo LAI
	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
星期五 Friday			
7:00-8:20pm	BE101	肚皮舞 Belly Dance (初級班 Elementary)	曾莉嘉 Kate TSANG
	CJ101	Contemporay Jazz (入門班 Introductory)	丘善行 Simpson YAU
	YY102	陰陽瑜珈 Yin Yang Yoga (初級班 Elementary)	郭文靜 Pinki KWOK
8:30-9:50pm	BE201	肚皮舞 Belly Dance (中級班 Intermediate)	黃雅麗 Maggie WONG
	CO107	當代舞 Contemporary Dance (初級班 Elementary)	丘善行 Simpson YAU
	SY101	開肩開髖瑜珈 Shoulders and Hips Opening Yoga	郭文靜 Pinki KWOK
星期六 Saturday			
10:00-11:20am	BD103	芭蕾舞 Ballet (初級班 Elementary)	任詠楠 Brian YAM
11:30am-12:50pm	CB102	當代芭蕾舞 Contemporary Ballet (初級班 Elementary)	任詠楠 Brian YAM
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)	譚漢樺 Malvina TAM
4:00-5:20pm	AY103	瑜珈 Yoga (初級班 Elementary)	譚漢樺 Malvina TAM
	KP104	K-Pop (初級班 Elementary)	陸耀麟 Anfernee LUK
5:30-6:50pm	CB101	當代芭蕾舞 Contemporary Ballet (入門班 Introductory)	伍美宜 Emily NG
7:00-8:20pm	BD104	芭蕾舞 Ballet (初級班 Elementary)	黃琬宜 Claudeanna WONG
	CO108	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)	黃琬宜 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			
10:00-11:20am	CS102	中國舞身韻 Chinese Dance Shen Yun (初級班 Elementary)	麥琬兒 Natalie MAK
11:30am-12:50pm	CO103	當代舞 Contemporary Dance (入門班 Introductory)	查海欣 CHAR Hoi-yan
1:00-2:20pm	DS101	Dance and Stretch	查海欣 CHAR Hoi-yan
	JK101	Jazz Funk (初級班 Elementary)	楊凱妮 Ella YEUNG
2:30-3:50pm	FT101	Fit Dance	白濰銘 PAK Wei-ming
	YD101	塑身排毒瑜珈 Slim and Detox Yoga	麥琬兒 Natalie MAK
4:00-5:20pm	ED101	Easy Dance (入門班 Introductory)	霍嘉穎 FOK Ka-wing
	YT101	瑜珈療癒 Yoga Therapy	麥琬兒 Natalie MAK
	SD101	Street Dance (初級班 Elementary)	蘇樂鍵 Lokin SO