

2024年第二季舞蹈課程 2ND Term 2024 Dance Courses (05.04-27.06.2024)

課程編號 Code	時間 Time	課程 Course	導師 Instructor
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星期一 Monday			
10:30-11:25am	SC101	芭蕾舞 初級班 Ballet Elementary	伍美宜 Emily Ng
11:30am-12:25pm	SC102	當代芭蕾舞 入門班 Contemporary Ballet Introductory	伍美宜 Emily Ng

星期二 Tuesday			
10:30-11:25am	SC103	身體肌力與體能訓練 Muscle Toning and Cardio Training	歐凱樺 Annie AU
11:30am-12:25pm	SC104	頌鉢身心放鬆伸展 Stretch and relax with singing bowl	歐凱樺 Annie AU

星期三 Wednesday			
10:30-11:25am	SC105	芭蕾舞 初級班 Ballet Elementary	黃寶蕾 Jasmin WONG
11:30am-12:25pm	SC106	當代芭蕾舞 初級班 Contemporary Ballet Elementary	黃寶蕾 Jasmin WONG

星期四 Thursday			
10:30-11:25am	SC107	Fit with Ballet	查海欣 CHAR Hoi-yan
11:30am-12:25pm	SC108	當代舞 入門班 Contemporary Dance Introductory	查海欣 CHAR Hoi-yan
5:45-6:40pm	SC109	Zumba Fitness	趙浩然 Rex CHIU
7:00-7:55pm	SC110	Funky Dance	黃振棠 Michael WONG

星期五 Friday			
10:30-11:25am	SC111	瑜珈 初級班 Yoga Elementary	康文英 Monica HONG
11:30am-12:25pm	SC112	陰瑜珈及深度放鬆 Yin Yoga and Relaxation	康文英 Monica HONG
8:30-9:25pm	SC113	Breakdance Basic 初級班 Elementary	王紹冠 WONG Siu-kwun

星期六 Saturday			
12:00nn-12:55pm	SC114	當代舞 入門班 Contemporary Introductory	丘善行 Simpson YAU
1:00-1:55pm	SC115	Fitness Body Workout	陸耀麟 Anfernee LUK
5:30-6:25pm	SC116	頌鉢身心放鬆伸展 Stretch and relax with singing bowl	歐凱樺 Annie AU