

2022年第一季舞蹈課程 1st Term 2022 Dance Courses

有關課程內容，請瀏覽中心網頁。For course description, please visit: www.ccdc.com.hk/dc-taipo/

星期一 Monday		
7:00-8:20pm	AB101 JK101 CO102	動態感 Body Conditioning Jazz Funk (初級班Elementary) 當代舞 Contemporary Dance (初級班Elementary)
8:30-9:50pm	ED101 CC101 CO110	張弛有度的身心練習 Somatic Practice 中國古典舞基訓 Chinese Classical Basic Training (初級班Elementary) 當代舞 Contemporary Dance (初級進階班Elementary Progressive)
星期二 Tuesday		
7:00-8:20pm	BD103 CO103 ST101	芭蕾舞 Ballet (初級進階班Elementary Progressive) 當代舞 Contemporary Dance (初級班Elementary) 伸展療癒 Stretch Therapy (初級班Elementary)
8:30-9:50pm	DB101 LJ101 CO104	修身舞 Dance for Body Shaping Lyrical Jazz (初級進階班Elementary Progressive) 當代舞 Contemporary Dance (初級班Elementary)
星期三 Wednesday		
7:00-8:20pm	CO105 KP101 AY101	當代舞 Contemporary Dance (初級班Elementary) K-Pop (初級班 Elementary) 瑜珈 Yoga (初級班Elementary)
8:30-9:50pm	CO106 CO111 YS101	當代舞 Contemporary Dance (初級班Elementary) 當代舞 Contemporary Dance (初級進階班Elementary Progressive) 瑜珈伸展 Yoga Stretch (初級班Elementary)
星期四 Thursday		
7:00-8:20pm	CD101 CB101 WC101	中國舞基訓 Chinese Dance Basic Training (初級班Elementary) 當代芭蕾舞 Contemporary Ballet (初級班Elementary) Jazz TWC (初級班Elementary)
8:30-9:50pm	CS101 LA101 CO107	身韻 Shen Yun (初級班 Elementary) L.A. Jazz (初級班 Elementary) 當代舞 Contemporary Dance (初級班 Elementary)
星期五 Friday		
7:00-8:20pm	BE101 KP102 YS102	肚皮舞 Belly Dance (初級班Elementary) K-Pop (初級班 Elementary) 瑜珈伸展 Yoga Stretch (初級班Elementary)
8:30-9:50pm	BE201 CO101 JK102	肚皮舞 Belly Dance (中級班Intermediate) 當代舞 Contemporary Dance (入門班Introductory) Jazz Funk (初級班Elementary)
星期六 Saturday		
2:30-3:50pm	HJ101 YN101	Hip Hop Jazz (初級班Elementary) 肩頸瑜珈 Yoga for Shoulder & Neck (初級班Elementary)
4:00-5:20pm	KP103 AY102	K-Pop (初級班 Elementary) 瑜珈 Yoga (初級班Elementary)
5:30-6:50pm	FB101 KP104	Fit with Ballet (初級班Elementary) K-Pop (初級班 Elementary)
7:00-8:20pm	BD101 CM101 DS101	芭蕾舞 Ballet (入門班Introductory) 當代舞即興訓練 Creative Improvisation (初級班 Elementary) Dance & Stretch
8:30-9:50pm	BD102 BE102 CO108	芭蕾舞 Ballet (初級班Elementary) 肚皮舞 Belly Dance (初級班Elementary) 當代舞 Contemporary Dance (初級班Elementary)
星期日 Sunday		
10:00-11:20am	CS102	身韻 Shen Yun (初級班 Elementary)
11:30am-12:50pm	CO109	當代舞 Contemporary Dance (初級班Elementary)
1:00-2:20pm	CO201	當代舞 Contemporary Dance (中級班Intermediate)
2:30-3:50pm	AY103 HH101	瑜珈 Yoga (初級班Elementary) Hip Hop (初級班 Elementary)
4:00-5:20pm	YD101 KP105	舒緩與伸展 Destress & Stretch K-Pop (初級班 Elementary)

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特別課程 Special Courses

星期一 Monday		
10:30 - 11:25am	SC114	瑜珈 Yoga (初級班 Elementary)
11:30am - 12:25pm	SC117	瑜珈伸展 Yoga Stretch (初級班Elementary)
4:45 - 5:40pm	SC108	Easy Fit
5:45 - 6:40pm	SC110	Girl's Hip Hop (初級班 Elementary)
星期二 Tuesday		
11:45am - 12:40pm	SC102	芭蕾舞 Ballet (初級班 Elementary)
星期三 Wednesday		
10:30 - 11:25am	SC101	芭蕾舞 Ballet (入門班 Introductory)
11:30am - 12:25pm	SC112	爵士舞 Jazz (初級班 Elementary)
12:30 - 1:25pm	SC105	當代舞 Contemporary (入門班 Introductory)
星期四 Thursday		
10:30 - 11:25am	SC109	Fit with Ballet (初級班 Elementary)
11:30 - 12:25pm	SC106	當代舞 Contemporary (入門班 Introductory)
5:45 - 6:40pm	SC119	Zumba Fitness
星期五 Friday		
10:30 - 11:25am	SC115	瑜珈 Yoga (初級班 Elementary)
11:45am - 12:40pm	SC118	療癒瑜珈 Yoga Therapy (初級班 Elementary)
4:45 - 5:40pm	SC116	流暢動瑜珈 Yoga Flow (初級班 Elementary)
5:45 - 6:40pm	SC113	瑜珈 Yoga (入門班 Introductory)
星期六 Saturday		
10:00 - 10:55am	SC103	芭蕾舞 Ballet (初級班 Elementary)
11:00 - 11:55am	SC104	當代芭蕾舞 Contemporary Ballet (初級班 Elementary)
12:00nn - 12:55pm	SC107	當代舞 Contemporary Dance (初級班 Elementary)
1:00 - 1:55pm	SC111	Hip Hop Jazz (初級班 Elementary)

