

2021 第二期舞蹈課程 2nd Term Dance Courses (07.04 - 28.06.2021)

有關課程內容，請瀏覽中心網頁。For course description, please visit: www.ccdcdc.com.hk

星期一 Monday

6:45 - 8:05pm

- WBD108 芭蕾舞 Ballet (初級進階班 Elementary Progressive)
- WMD104 現代舞 Modern Dance (初級班 Elementary)
- WSJ101 街頭爵士舞 Street Jazz (初級班 Elementary)
- WJD101 爵士舞 Jazz (初級班 Elementary)
- WAB101 身體條件訓練 Body Condition
- WCF101 中國民族民間舞 Chinese Folk Dance (初級進階班 Elementary Progressive)
- WAY101 瑜珈 Yoga (初級班 Elementary)
- WYF101 流暢動瑜珈 Yoga Flow (初級班 Elementary)

8:15 - 9:35pm

- WBP103 足尖芭蕾舞及變奏 Pointe Work & Variation (初級進階班 Elementary Progressive)
- WMD114 現代舞 Modern Dance (初級進階班 Elementary Progressive)
- WMJ101 現代爵士舞 Modern Jazz (初級班 Elementary)
- WJD102 爵士舞 Jazz (初級班 Elementary)
- WAB102 身體條件訓練 Body Condition
- WCD102 中國舞基訓 Chinese Dance Basic Training (初級進階班 Elementary Progressive)
- WSJ102 街頭爵士舞 Street Jazz (初級班 Elementary)
- WYS101 瑜伽伸展 Yoga Stretch (初級班 Elementary)

星期二 Tuesday

6:45 - 8:05pm

- WBD102 芭蕾舞 Ballet (初級班 Elementary)
- WJK101 Jazz Funk (初級班 Elementary)
- WTD101 踢躂舞 Tap Dance (初級班 Elementary)
- WAY102 瑜珈 Yoga (初級班 Elementary)
- WHH101 Hip Pop (初級班 Elementary)
- WMD105 現代舞 Modern Dance (初級班 Elementary)

8:15 - 9:35pm

- WBD109 芭蕾舞 Ballet (初級進階班 Elementary Progressive)
- WKP101 K-Pop (初級班 Elementary)
- WTJ101 Theatre Jazz (初級班 Elementary)
- WTD105 踢躂舞 Tap Dance (初級進階班 Elementary Progressive)
- WYY101 兩極瑜珈 Yin Yang Yoga (初級班 Elementary)
- WHH102 Hip Hop (初級班 Elementary)
- WMD115 現代舞 Modern Dance (初級進階班 Elementary Progressive)
- WBE103 肚皮舞 Belly Dance (初級進階班 Elementary Progressive)

星期三 Wednesday

5:00 - 6:20pm

WMD106 現代舞 Modern Dance (初級班 Elementary)

WCC101 中國古典舞基訓 Chinese Classical Basic Training (初級班 Elementary)

6:45 - 8:05pm

WBD103 芭蕾舞 Ballet (初級班 Elementary)

WJK102 Jazz Funk (初級班 Elementary)

WMD201 現代舞 Modern Dance (中級班 Intermediate)

WBE101 肚皮舞 Belly Dance (初級班 Elementary)

WAY103 瑜珈 Yoga (初級班 Elementary)

WCD201 中國舞基訓 Chinese Dance Basic Training (中級班 Intermediate)

WYF102 流暢動瑜珈 Yoga Flow (初級班 Elementary)

WMD107 現代舞 Modern Dance (初級班 Elementary)

8:15 - 9:35pm

WBD101 芭蕾舞 Ballet (入門班 Introductory)

WJK103 Jazz Funk (初級班 Elementary)

WMJ102 現代爵士舞 Modern Jazz (初級班 Elementary)

WBE102 肚皮舞 Belly Dance (初級進階班 Elementary Progressive)

WYN101 肩頸瑜珈 Yoga for Shoulder & Neck (初級班 Elementary)

WCL102 水袖 Long Sleeves (初級進階班 Elementary Progressive)

WAY104 瑜珈 Yoga (初級班 Elementary)

星期四 Thursday

5:00 - 6:20pm

WMD108 現代舞 Modern Dance (初級班 Elementary)

6:45 - 8:05pm

WBD201 芭蕾舞 Ballet (中級班 Intermediate)

WBD104 芭蕾舞 Ballet (初級班 Elementary)

WGH101 Girls' Hip Hop (初級班 Elementary)

WJD103 爵士舞 Jazz (初級班 Elementary)

WAB103 身體條件訓練 Body Condition

WMD116 現代舞 Modern Dance (初級進階班 Elementary Progressive)

WMD101 現代舞 Modern Dance (入門班 Introductory)

8:15 - 9:35pm

WBD110 芭蕾舞 Ballet (初級進階班 Elementary Progressive)

WBP101 足尖芭蕾舞 Pointe Work (初級班 Elementary)

WUD101 Urban Dance (初級班 Elementary)

WLJ101 Lyrical Jazz (初級班 Elementary)

WAW101 放鬆延展 Warm and Relaxing Stretch

WKP102 K-Pop (初級班 Elementary)

WMD301 現代舞 Modern Dance (高級班 Advanced)

星期五 Friday

5:00 - 6:20pm

WMD102 現代舞 Modern Dance (入門班 Introductory)

6:45 - 8:05pm

WLJ102 Lyrical Jazz (初級班 Elementary)

WBD105 芭蕾舞 Ballet (初級班 Elementary)

WUD102 Urban Dance (初級班 Elementary)

WTD102 踢躑舞 Tap Dance (初級班 Elementary)

WDF101 Mix With Dance Fit

WMJ103 現代爵士舞 Modern Jazz (初級班 Elementary)

WYS102 瑜珈伸展 Yoga Stretch (初級班 Elementary)

WMD109 現代舞 Modern Dance (初級班 Elementary)

8:15 - 9:35pm

WLJ103 Lyrical Jazz (初級班 Elementary)

WBD202 芭蕾舞 Ballet (中級班 Intermediate)

WHH103 Hip Hop (初級班 Elementary)

WTD201 踢躑舞 Tap Dance (中級班 Intermediate)

WMD103 現代舞 Modern Dance (入門班 Introductory)

WDB101 修身舞 Dance for Bodyshaping

WYT101 瑜珈伸展治療 Yoga Stretch Therapy

WMD202 現代舞 Modern Dance (中級班 Intermediate)

星期六 Saturday

1:00 - 2:20pm

WMM101 動作與舞蹈(現代舞) Movement and Dance (Modern)

2:30 - 3:50pm

WMB101 動作與身體覺知 Movement and Body Awareness

WMJ104 現代爵士舞 Modern Jazz (初級班 Elementary)

WLT101 拉丁舞 Latin Dance (初級班 Elementary)

WAS201 Pilates 地蓆訓練 Pilates Mat Work (中級班 Intermediate)

WJK104 Jazz Funk (初級班 Elementary)

WYF103 流暢動瑜珈 Yoga Flow (初級班 Elementary)

4:00 - 5:20pm

WCB101 當代芭蕾舞 Contemporary Ballet (初級班 Elementary)

WJD104 爵士舞 Jazz (初級班 Elementary)

WMD110 現代舞 Modern Dance (初級班 Elementary)

WHJ102 Hip Hop Jazz (初級進階班 Elementary Progressive)

WAY105 瑜珈 Yoga (初級班 Elementary)

WLJ104 Lyrical Jazz (初級班 Elementary)

WYS103 瑜珈伸展 Yoga Stretch (初級班 Elementary)

5:30 - 6:50pm

WBD106 芭蕾舞 Ballet (初級班 Elementary)

WCB102 當代芭蕾舞 Contemporary Ballet (初級班 Elementary)

WYS104 瑜珈伸展 Yoga Stretch (初級班 Elementary)

WYY102 兩極瑜珈 Yin Yang Yoga (初級班 Elementary)

7:00 - 8:20pm

- WBP102 足尖芭蕾舞 Pointe Work (初級進階班 Elementary Progressive)
WCS102 身韻 Shen Yun (初級進階班 Elementary Progressive)
WCD101 中國舞基訓 Chinese Dance Basic Training (初級班 Elementary)

8:30 - 9:50pm

- WCL101 水袖 Long Sleeves (初級班 Elementary)
WCS101 身韻 Shen Yun (初級班 Elementary)

星期日 Sunday

10:00 - 11:20am

- WBD111 芭蕾舞 Ballet (初級進階班 Elementary Progressive)
WMD111 現代舞 Modern Dance (初級班 Elementary)
WWC101 Jazz TWC (初級班 Elementary)
WAY106 瑜珈 Yoga (初級班 Elementary)
WHJ101 Hip Hop Jazz (初級班 Elementary)

11:30am - 12:50pm

- WBD107 芭蕾舞 Ballet (初級進階班 Elementary Progressive)
WMD203 現代舞 Modern Dance (中級班 Intermediate)
WTD103 踢躂舞 Tap Dance (初級班 Elementary)
WYS105 瑜珈伸展 Yoga Stretch (初級班 Elementary)
WLA101 L.A.Jazz (初級班 Elementary)
WMD112 現代舞 Modern Dance (初級班 Elementary)

1:00 - 2:20pm

- WSJ103 街頭爵士舞 Street Jazz (初級班 Elementary)
WYS106 瑜珈伸展 Yoga Stretch (初級班 Elementary)
WMD204 現代舞 Modern Dance (中級班 Intermediate)

2:30 - 3:50pm

- WBD203 芭蕾舞 Ballet (中級班 Intermediate)
WJD105 爵士舞 Jazz (初級進階班 Elementary Progressive)
WMM102 動作與舞蹈(現代舞) Movement and Dance (Modern)
WMD205 現代舞 Modern Dance (中級班 Intermediate)

4:00 - 5:20pm

- WBP104 足尖芭蕾舞 Pointe Work (初級進階班 Elementary Progressive)
WMD113 現代舞 Modern Dance (初級班 Elementary)
WTD104 踢躂舞 Tap Dance (初級班 Elementary)
WIE101 整合運動 Integrated Exercise

早晨系列 Morning Class Series (07.04 - 28.06.2021)

星期一 Monday

10:30 - 11:25am	WMC101	瑜珈 Yoga (初級班 Elementary)
11:35am - 12:30pm	WMC103	瑜珈伸展 Yoga Stretch (初級班 Elementary)

星期二 Tuesday

10:30 - 11:25am	WMC105	兩極瑜珈 Yin Yang Yoga (初級班 Elementary)
11:35am - 12:30pm	WMC107	放鬆延展 Warm and Relaxing Stretch

星期四 Thursday

10:30 - 11:25am	WMC102	瑜珈 Yoga (初級班 Elementary)
11:35am - 12:30pm	WMC104	瑜珈伸展 Yoga Stretch (初級班 Elementary)
1:00 - 1:55pm	WMC106	兩極瑜珈 Yin Yang Yoga (初級班 Elementary)

星期五 Friday

10:30 - 11:25am	WMC108	K-pop
11:35am - 12:30pm	WMC109	Easy Fit

1 小時特別課程 One Hour Special Courses (07.04 - 28.06.2021)

星期六 Saturday

11:00 - 11:55am	WSC101	肩頸瑜珈 Yoga for Shoulder & Neck
1:00 - 1:55pm	WSC102	Breaking 入門班 Introduction to Breaking