

2022年第二季舞蹈課程 2nd Term 2022 Dance Courses (30.05-24.07.2022)

星期一 Monday

7:00-8:20pm	ZF101	Zumba Fitness
	CO103	當代舞 Contemporary Dance (初級班 Elementary)
	JK101	Jazz Funk (初級班 Elementary)
8:30-9:50pm	CD101	中國舞基訓 Chinese Basic Training (初級班 Elementary)
	CO108	當代舞 Contemporary Dance (初級進階班 Elementary Progressive)
	GH101	Girl Hip Hop (初級班 Elementary)

星期二 Tuesday

7:00-8:20pm	ST101	伸展療癒 Stretch Therapy
	CO109	當代舞 Contemporary Dance (初級進階班 Elementary Progressive)
	BD104	芭蕾舞 Ballet (初級進階班 Elementary Progressive)
8:30-9:50pm	DB101	修身舞 Dance for Body Shaping (初級班 Elementary)
	LJ101	Lyrical Jazz (初級進階班 Elementary Progressive)
	CO104	當代舞 Contemporary Dance (初級班 Elementary)

星期三 Wednesday

7:00-8:20pm	AY101	瑜珈 Yoga (初級班 Elementary)
	KP101	K-Pop (初級班 Elementary)
	CO105	當代舞 Contemporary Dance (初級班 Elementary)
8:30-9:50pm	YS101	瑜珈伸展 Yoga Stretch (初級班 Elementary)
	HJ102	Hip Hop Jazz (初級班 Elementary)
	CO101	當代舞 Contemporary Dance (入門班 Elementary)

星期四 Thursday

7:00-8:20pm	CB101	當代芭蕾舞 Contemporary Ballet (初級班 Elementary)
	WC101	Jazz TWC (初級班 Elementary)
	CD102	中國舞基訓 Chinese Basic Training (初級班 Elementary)
8:30-9:50pm	CO106	當代舞 Contemporary Dance (初級班 Elementary)
	LA101	LA Jazz (初級班 Elementary)
	CS101	身韻 Shen Yun (初級班 Elementary)

星期五 Friday

7:00-8:20pm	YS102	瑜珈伸展 Yoga Stretch (初級班 Elementary)
	KP102	K-Pop (初級班 Elementary)
	BE101	肚皮舞 Belly Dance (初級班 Elementary)
8:30-9:50pm	CO102	當代舞 Contemporary Dance (入門班 Introductory)
	JK102	Jazz Funk (初級班 Elementary)
	BE201	肚皮舞 Belly Dance (中級班 Intermediate)

星期六 Saturday

10:00-11:20am	BD102	芭蕾舞 Ballet (初級班 Elementary)
11:30-12:50pm	CB102	當代芭蕾舞 Contemporary Ballet (初級班 Elementary)
2:30-3:50pm	YS103	瑜珈伸展 Yoga Stretch (初級班 Elementary)
	HJ102	Hip Hop Jazz (初級班 Elementary)
4:00-5:20pm	AY102	瑜珈 Yoga (初級班 Elementary)
	KP103	K-Pop (初級班 Elementary)
5:30-6:20pm	HH101	Hip Hop (初級班 Elementary)
7:00-8:20pm	CM101	當代舞即興 Creative Improvisation (初級班 Elementary)
	BD101	芭蕾舞 Ballet (入門班 Introductory)
	KP104	K-Pop (初級班 Elementary)
8:30-9:50pm	CO107	當代舞 Contemporary Dance (初級班 Elementary)
	BD103	芭蕾舞 Ballet (初級班 Elementary)
	BE102	肚皮舞 Belly Dance (初級班 Elementary)

星期日 Sunday

10:00-11:20am	CS102	身韻 Shen Yun (初級班 Elementary)
11:30-12:50pm	FD101	Fit with Dance (初級班 Elementary)
1:00-2:20pm	DS101	Dance & Stretch (初級班 Elementary)
2:30-3:50pm	AY103	瑜珈 Yoga (初級班 Elementary)
	HH102	Hip Hop (初級班 Elementary)
4:00-5:20pm	YD101	Destress & Stretch
	KP105	K-Pop (初級班 Elementary)