

# 舞蹈課程概覽

## Dance Course Summary

2022 第三季舞蹈課程 2022 3<sup>rd</sup> Term Dance Courses (29.07-26.09.2022)

\*適合13歲或以上 Suitable for aged 13 or above

詳情請瀏覽:  
Details please reach:



| 時間 Time              | 課程編號 Code | 課程 Course   | 導師 Instructor       |
|----------------------|-----------|---|---------------------|
| <b>星期一 Monday</b>    |           |   |                     |
| 7:00-8:20pm          | AB101     | 身體鍛鍊-動態感 Body Work-Body Conditioning                  | 譚之卓 Zelia ZZ Tan    |
| 7:00-8:20pm          | CO102     | 當代舞 Contemporary Dance (初級班 Elementary)               | 林詠茵 Peggy Lam       |
| 7:00-8:20pm          | JK101     | Jazz Funk (初級班 Elementary)                            | 陳欣昕 Chan Yan-yan    |
| 8:30-9:50pm          | CO108     | 當代舞 Contemporary Dance (初級進階班 Elementary Progressive) | 林詠茵 Peggy Lam       |
| 8:30-9:50pm          | CY101     | 中國古典舞身韻 Chinese Classical Shen Yun (初級班 Elementary)   | 梁家權 Francis Leung   |
| 8:30-9:50pm          | GH101     | Girl Hip Hop (初級班 Elementary)                         | 陳欣昕 Chan Yan-yan    |
| <b>星期二 Tuesday</b>   |           |   |                     |
| 7:00-8:20pm          | BD103     | 芭蕾舞 Ballet (初級進階班 Elementary Progressive)             | 樂知靄 Shirley Lok     |
| 7:00-8:20pm          | ST101     | 身體鍛鍊-伸展療愈 Body Work-Stretch Therapy                   | 霍嘉穎 Fok Ka-wing     |
| 7:00-8:20pm          | LJ101     | Lyrical Jazz (初級進階班 Elementary Progressive)           | 柯志輝 Felix Ke        |
| 8:30-9:50pm          | CO103     | 當代舞 Contemporary Dance (初級班 Elementary)               | 鄭彥璋 Eric Kwong      |
| 8:30-9:50pm          | DB101     | 身體鍛鍊-修身舞 Body Work-Dance for Body Shaping             | 霍嘉穎 Fok Ka-wing     |
| 8:30-9:50pm          | KP101     | K-Pop (初級班 Elementary)                                | 鄭家偉 Cheng Ka-wai    |
| <b>星期三 Wednesday</b> |           |   |                     |
| 7:00-8:20pm          | CO104     | 當代舞 Contemporary Dance (初級班 Elementary)               | 李家祺 Lee Ka-ki       |
| 7:00-8:20pm          | AY101     | 瑜珈 Yoga (初級班 Elementary)                              | 胡穎思 Jennifer Wu     |
| 7:00-8:20pm          | KP102     | K-Pop (初級班 Elementary)                                | 陸耀麟 Anfernee Luk    |
| 8:30-9:50pm          | CO101     | 當代舞 Contemporary Dance (入門班 Introductory)             | 李家祺 Lee Ka-ki       |
| 8:30-9:50pm          | YS101     | 瑜珈伸展 Yoga Stretch (初級班 Elementary)                    | 胡穎思 Jennifer Wu     |
| 8:30-9:50pm          | HJ101     | Hip Hop Jazz (初級班 Elementary)                         | 陸耀麟 Anfernee Luk    |
| <b>星期四 Thursday</b>  |           |   |                     |
| 7:00-8:20pm          | CB101     | 當代芭蕾舞 Contemporary Ballet (初級班 Elementary)            | 黎家寶 Bobo Lai        |
| 7:00-8:20pm          | CD101     | 中國舞基訓 Chinese Dance Basic Training (初級班 Elementary)   | 莊陳波 Chong Chan-po   |
| 7:00-8:20pm          | WC101     | Jazz TWC (初級班 Elementary)                             | 黃振棠 Michael Wong    |
| 8:30-9:50pm          | CO105     | 當代舞 Contemporary Dance (初級班 Elementary)               | 黎家寶 Bobo Lai        |
| 8:30-9:50pm          | CS101     | 中國舞身韻 Chinese Shen Yun (初級班 Elementary)               | 莊陳波 Chong Chan-po   |
| 8:30-9:50pm          | LA101     | LA Jazz (初級班 Elementary)                              | 黃振棠 Michael Wong    |
| <b>星期五 Friday</b>    |           |   |                     |
| 7:00-8:20pm          | BE101     | 肚皮舞 Belly Dance (初級班 Elementary)                      | 曾莉嘉 Kate Tsang      |
| 7:00-8:20pm          | PJ101     | Pop Jazz (初級班 Elementary)                             | 趙浩然 Rex Chiu        |
| 7:00-8:20pm          | YS102     | 瑜珈伸展 Yoga Stretch (初級班 Elementary)                    | 譚漢樺 Malvina Tam     |
| 8:30-9:50pm          | BE201     | 肚皮舞 Belly Dance (中級班 Intermediate)                    | 黃雅麗 Maggie Wong     |
| 8:30-9:50pm          | CO106     | 當代舞 Contemporary Dance (初級班 Elementary)               | 丘善行 Simpson Yau     |
| 8:30-9:50pm          | JK102     | Jazz Funk (初級班 Elementary)                            | 趙浩然 Rex Chiu        |
| <b>星期六 Saturday</b>  |           |   |                     |
| 10:00-11:20am        | BD101     | 芭蕾舞 Ballet (初級班 Elementary)                           | 樂知靄 Shirley Lok     |
| 11:30am-12:50pm      | CB102     | 當代芭蕾舞 Contemporary Ballet (初級班 Elementary)            | 樂知靄 Shirley Lok     |
| 2:30-3:50pm          | HJ102     | Hip Hop Jazz (初級班 Elementary)                         | 陸耀麟 Anfernee Luk    |
| 2:30-3:50pm          | YS103     | 瑜珈伸展 Yoga Stretch (初級班 Elementary)                    | 譚漢樺 Malvina Tam     |
| 4:00-5:20pm          | AY102     | 瑜珈 Yoga (初級班 Elementary)                              | 譚漢樺 Malvina Tam     |
| 4:00-5:20pm          | KP103     | K-Pop (初級班 Elementary)                                | 陸耀麟 Anfernee Luk    |
| 5:30-6:50pm          | CD102     | 中國舞基訓 Chinese Dance Basic Training (初級班 Elementary)   | 伍詠豪 Skinny Ng       |
| 7:00-8:20pm          | BD102     | 芭蕾舞 Ballet (初級班 Elementary)                           | 黃琬宜 Claudeanna Wong |
| 8:30-9:50pm          | BE102     | 肚皮舞 Belly Dance (初級班 Elementary)                      | 曾莉嘉 Kate Tsang      |
| 8:30-9:50pm          | BD104     | 芭蕾舞 Ballet (初級進階班 Elementary Progressive)             | 黃琬宜 Claudeanna Wong |
| 8:30-9:50pm          | CO107     | 當代舞 Contemporary Dance (初級班 Elementary)               | 歐凱樺 Annie Au        |
| <b>星期日 Sunday</b>    |           |   |                     |
| 10:00-11:20am        | CS102     | 中國舞身韻 Chinese Shen Yun (初級班 Elementary)               | 麥琬兒 Natalie Mak     |
| 11:30am-12:50pm      | FD101     | 身體鍛鍊 Body Work- Fit with Dance                        | 查海欣 Char Hoi-yan    |
| 1:00-2:20pm          | DS101     | 身體鍛鍊 Body Work- Dance & Stretch                       | 查海欣 Char Hoi-yan    |
| 2:30-3:50pm          | AY103     | 瑜珈 Yoga (初級班 Elementary)                              | 康文英 Monica Hong     |
| 2:30-3:50pm          | KP104     | K-Pop (初級班 Elementary)                                | 蘇樂鍵 Lokin So        |
| 4:00-5:20pm          | YT101     | 療愈瑜珈 Yoga Therapy                                     | 康文英 Monica Hong     |
| 4:00-5:20pm          | SD101     | Street Dance (初級班 Elementary)                         | 蘇樂鍵 Lokin So        |