

# 舞蹈課程概覽

## Dance Course Summary

2022 第四季舞蹈課程 2022 4<sup>TH</sup> Term Dance Courses (29.09-21.12.2022)

\*每項課程費用 Fee per course: \$1,680 | 共12堂 12 Sessions

\*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            |
|-----------------|-----------|-------------------------------------------------------|--------------------------|
| 星期一 Monday      |           |                                                       |                          |
| 7:00-8:20pm     | AB101     | 身體鍛鍊 Body Work - 動態感 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     | CV101     | 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         |
| 星期二 Tuesday     |           |                                                       |                          |
| 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 Body Work - 伸展療癒 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 Body Work - 修身舞 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         |
| 星期三 Wednesday   |           |                                                       |                          |
| 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     | HJ101     | Hip Hop Jazz (初級班 Elementary)                         | 陸耀麟 Anfernee Luk         |
| 8:30-9:50pm     | YS101     | 瑜珈伸展 Yoga Stretch (初級班 Elementary)                    | 胡穎思 Jennifer Wu          |
| 星期四 Thursday    |           |                                                       |                          |
| 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 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         |
| 星期五 Friday      |           |                                                       |                          |
| 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)                    | 曾莉嘉 Kate Tsang           |
| 8:30-9:50pm     | CO106     | 當代舞 Contemporary Dance (初級班 Elementary)               | 丘善行 Simpson Yau          |
| 8:30-9:50pm     | ZF101     | 身體鍛鍊 Body Work - Zumba Fusion                         | 趙浩然 Rex Chiu             |
| 星期六 Saturday    |           |                                                       |                          |
| 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     | YS103     | 瑜珈伸展 Yoga Stretch (初級班 Elementary)                    | 譚漢樺 Malvina Tam          |
| 2:30-3:50pm     | HJ102     | Hip Hop Jazz (初級班 Elementary)                         | 陸耀麟 Anfernee Luk         |
| 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 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      |
| 7:00-8:20pm     | CR101     | 中國舞小品 Chinese Dance Repertoire (初級班 Elementary)       | 伍詠豪 Skinny Ng            |
| 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     | BE102     | 肚皮舞 Belly Dance (初級班 Elementary)                      | 曾莉嘉 Kate Tsang           |
| 8:30-9:50pm     | CO107     | 當代舞 Contemporary Dance (初級班 Elementary)               | 歐凱樺 Annie Au             |
| 星期日 Sunday      |           |                                                       |                          |
| 10:00-11:20am   | CS102     | 中國舞身韻 Chinese Shen Yun (初級班 Elementary)               | 麥琬兒 Natalie Mak / 待定 TBC |
| 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          |
| 4:00-5:20pm     | SD101     | Street Dance (初級班 Elementary)                         | 蘇樂鍵 Lokin So             |
| 4:00-5:20pm     | YR101     | 陰瑜珈及深度放鬆 Yin Yoga & Relaxation                        | 康文英 Monica Hong          |