



詳情請瀏覽：
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舞蹈特別課程概覽

Special Dance Course Summary

2022 第四季舞蹈特別課程 2022 4TH Term Special Dance Courses (29.09-21.12.2022)

*首項課程費用 Fee per course: \$1,080 | 選擇任何兩項課程 Two courses: \$1,730 | 共12堂 12 Sessions

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

時間 Time	課程編號 Code	課程 Course	導師 Instructor
星期一 Monday			
11:30am-12:25pm	SC101	瑜珈伸展 Yoga Stretch (初級班 Elementary)	胡穎思 Jennifer Wu
12:30-1:25pm	SC102	瑜珈 Yoga (初級班 Elementary)	胡穎思 Jennifer Wu
4:30-5:25pm	SC103	Easy Fit	陸耀麟 Anfernee Luk
星期二 Tuesday			
10:30-11:25am	SC104	中國舞基訓 Chinese Basic Training (入門班 Introductory)	伍詠豪 Skinny Ng
11:30am-12:25pm	SC105	中國舞身韻 Chinese Shen Yun (入門班 Introductory)	伍詠豪 Skinny Ng
星期三 Wednesday			
10:30-11:25am	SC106	芭蕾舞 Ballet (初級班 Elementary)	黃寶蕾 Jasmin Wong
11:30am-12:25pm	SC107	爵士舞 Jazz (初級班 Elementary)	黃寶蕾 Jasmin Wong
12:30-1:25pm	SC108	當代舞 Contemporary Dance (入門班 Introductory)	黃寶蕾 Jasmin Wong
星期四 Thursday			
10:30-11:25am	SC109	Fit with Ballet	查海欣 Char Hoi-yan
11:30am-12:25pm	SC110	當代舞 Contemporary Dance (入門班 Introductory)	查海欣 Char Hoi-yan
5:45-6:40pm	SC111	Zumba Fitness	趙浩然 Rex Chiu
星期五 Friday			
10:30-11:25am	SC112	瑜珈 Yoga (初級班 Elementary)	康文英 Monica Hong
11:30am-12:25pm	SC113	陰瑜珈及深度放鬆 Yin Yoga & Relaxation	康文英 Monica Hong
5:45-6:40pm	SC114	瑜珈 Yoga (入門班 Introductory)	譚漢樺 Malvina Tam
星期六 Saturday			
12:00nn-12:55pm	SC115	當代舞 Contemporary (入門班 Introductory)	丘善行 Simpson Yau
1:00-1:55pm	SC116	Hip Hop Jazz (初級班 Elementary)	陸耀麟 Anfernee Luk