



詳情請瀏覽:
Details please reach:



舞蹈特別課程概覽

Special Dance Course Summary

2023年第一季舞蹈課程 2023 1ST Term Dance Courses (03.01-03.04.2023)

*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			
10:30-11:25am	SC101	芭蕾舞 Ballet (初級班 Elementary)	梁信賢 Charlie Leung
11:30am-12:25pm	SC102	當代芭蕾舞 Contemporary Ballet (入門班 Introductory)	梁信賢 Charlie Leung
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	當代舞 Contemporary Dance (入門班 Introductory)	黃寶蕾 Jasmin Wong
星期四 Thursday			
10:30-11:25am	SC108	Fit with Ballet	查海欣 Char Hoi-yan
11:30am-12:25pm	SC109	當代舞 Contemporary Dance (入門班 Introductory)	查海欣 Char Hoi-yan
5:45-6:40pm	SC110	Zumba Fitness	趙浩然 Rex Chiu
星期五 Friday			
10:30-11:25am	SC111	瑜珈 Yoga (初級班 Elementary)	康文英 Monica Hong
11:30am-12:25pm	SC112	陰瑜珈及深度放鬆 Yin Yoga & Relaxation	康文英 Monica Hong
星期六 Saturday			
12:00nn-12:55pm	SC113	當代舞 Contemporary (入門班 Introductory)	丘善行 Simpson Yau
1:00-1:55pm	SC114	Hip Hop Jazz (初級班 Elementary)	陸耀麟 Anfernee Luk