

舞蹈課程概覽

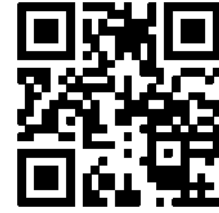
Dance Course Summary

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

*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	CO104	當代舞 Contemporary Dance (初級班 Elementary)	林詠茵 Peggy Lam
	KP101	K-Pop (初級班 Elementary)	高嘉敏 Natalie Ko
	LT101	拉丁舞 Latin (入門班 Introductory)	譚之卓 Zelia ZZ Tan
8:30-9:50pm	CO109	當代舞 Contemporary Dance (初級進階班 Elementary Progressive)	林詠茵 Peggy Lam
	CY101	中國古典舞身韻 Chinese Classical Shen Yun (初級班 Elementary)	梁家權 Francis Leung
	JK101	Jazz Funk (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)	梁信賢 Charlie Leung
	LJ101	Lyrical Jazz (初級進階班 Elementary Progressive)	柯志輝 Felix Ke
	ST101	身體鍛鍊 Body Work - 伸展療癒 Stretch Therapy	霍嘉穎 Fok Ka-wing
8:30-9:50pm	CO101	當代舞 Contemporary Dance (入門班 Introductory)	鄺彥璋 Eric Kwong
	DB101	身體鍛鍊 Body Work - 修身舞 Dance for Body Shaping	霍嘉穎 Fok Ka-wing
	KP102	K-Pop (初級班 Elementary)	鄭家偉 Cheng Ka-wai
星期三 Wednesday			
7:00-8:20pm	AY101	瑜珈 Yoga (初級班 Elementary)	胡穎思 Jennifer Wu
	CO105	當代舞 Contemporary Dance (初級班 Elementary)	李家祺 Lee Ka-ki
	KP103	K-Pop (初級班 Elementary)	陸耀麟 Anfernee Luk
8:30-9:50pm	CO102	當代舞 Contemporary Dance (入門班 Introductory)	李家祺 Lee Ka-ki
	EF101	Easy Fit	陸耀麟 Anfernee Luk
	YS101	瑜珈伸展 Yoga Stretch (初級班 Elementary)	胡穎思 Jennifer Wu
星期四 Thursday			
7:00-8:20pm	CD101	中國舞基訓 Chinese Basic Training (初級班 Elementary)	莊陳波 Chong Chan-po
	CG101	當代舞小品 Contemporary Dance Choreography (初級進階班 Elementary Progressive)	黎家寶 Bobo Lai
	WC101	Jazz TWC (初級班 Elementary)	黃振棠 Michael Wong
8:30-9:50pm	CO106	當代舞 Contemporary Dance (初級班 Elementary)	黎家寶 Bobo Lai
	CS101	中國舞身韻 Chinese Shen Yun (初級班 Elementary)	莊陳波 Chong Chan-po
	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
	CJ101	Contemporary Jazz (入門班 Introductory)	丘善行 Simpson Yau
	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
	CO107	當代舞 Contemporary Dance (初級班 Elementary)	丘善行 Simpson Yau
	YY101	陰陽瑜珈 Yin Yang Yoga (初級班 Elementary)	譚漢樺 Malvina Tam
星期六 Saturday			
10:00-11:20am	BD101	芭蕾舞 Ballet (初級班 Elementary)	任詠楠 Brian Yam
11:30am-12:50pm	CB101	當代芭蕾舞 Contemporary Ballet (初級班 Elementary)	任詠楠 Brian Yam
2:30-3:50pm	HJ101	Hip Hop Jazz (初級班 Elementary)	陸耀麟 Anfernee Luk
	YS103	瑜珈伸展 Yoga Stretch (初級班 Elementary)	譚漢樺 Malvina Tam
4:00-5:20pm	KP104	K-Pop (初級班 Elementary)	陸耀麟 Anfernee Luk
	AY102	瑜珈 Yoga (初級班 Elementary)	譚漢樺 Malvina Tam
5:30-6:50pm	CD102	中國舞基訓 Chinese Basic Training (初級班 Elementary)	伍詠豪 Skinny Ng
	YY102	陰陽瑜珈 Yin Yang Yoga (初級班 Elementary)	譚漢樺 Malvina Tam
	BD102	芭蕾舞 Ballet (初級班 Elementary)	黃琬宜 Claudeanna Wong
7:00-8:20pm	CO108	當代舞 Contemporary Dance (初級班 Elementary)	歐凱樺 Annie Au
	CR101	中國舞小品 Chinese Dance Repertoire (初級班 Elementary)	伍詠豪 Skinny Ng
	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
	CG102	當代舞小品 Contemporary Dance Choreography (初級進階班 Elementary Progressive)	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
11:30am-12:50pm	CO103	當代舞 Contemporary Dance (入門班 Introductory)	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	ED101	Easy Dance (入門班 Introductory)	霍嘉穎 Fok Ka-wing
	SD101	Street Dance (初級班 Elementary)	蘇樂鍵 Lokin So
	YR101	陰瑜珈及深度放鬆 Yin Yoga & Relaxation	康文英 Monica Hong