

# 舞蹈課程概覽

## Dance Course Summary

2023年第二季舞蹈課程 2023 2<sup>ND</sup> Term Dance Courses (11.04-19.06.2023)

\*每項課程費用 Fee per course: \$1,400 | 共10堂 Sessions

\*適合13歲或以上 For aged 13 or above (指定課程除外 Except for specified courses)

詳情 Details



時間 Time	課程編號 Code	課程 Course	導師 Instructor
<b>星期一 Monday</b>			
7:00-8:20pm	LT101	拉丁舞 Latin (入門班 Introductory)	譚之卓 Zelia Tan
	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
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 Dance 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
<b>星期二 Tuesday</b>			
7:00-8:20pm	BD104	芭蕾舞 Ballet (初級進階班 Elementary Progressive)	梁信賢 Charlie Leung
	DD101	身心調癒舞動 Dance-To-DeStress	謝嘉豪 Tomas Tse
	LJ101	Lyrical Jazz (初級進階班 Elementary Progressive)	柯志輝 Felix Ke
8:30-9:50pm	CO101	當代舞 Contemporary Dance (入門班 Introductory)	鄺彥璋 Eric Kwong
	DB101	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
<b>星期三 Wednesday</b>			
7:00-8:20pm	CO105	當代舞 Contemporary Dance (初級班 Elementary)	李家祺 Lee Ka-ki
	AY101	瑜珈 Yoga (初級班 Elementary)	胡穎思 Jennifer Wu
	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
	BD101	芭蕾舞 Ballet (入門班 Introductory)	梁信賢 Charlie Leung
	YS101	瑜珈伸展 Yoga Stretch (初級班 Elementary)	胡穎思 Jennifer Wu
<b>星期四 Thursday</b>			
7:00-8:20pm	CG101	當代舞小品 Contemporay Dance Choreography (初級進階班 Elementary Progressive)	黎家寶 Bobo Lai
	CD101	中國舞基訓 Chinese Dance Basic Training (初級班 Elementary)	莊陳波 Chong Chan-po
	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 Dance Shen Yun (初級班 Elementary)	莊陳波 Chong Chan-po
	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
	CJ101	Contemporay 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)	黃雅麗 Maggie Wong
	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
<b>星期六 Saturday</b>			
10:00-11:20am	BD102	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)	譚漢樺 Malvina Tam
	YS103	瑜珈伸展 Yoga Stretch (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
	KP104	K-Pop (初級班 Elementary)	陸耀麟 Anfernee Luk
	CD102	中國舞基訓 Chinese Dance Basic Training (初級班 Elementary)	阮芷螢 Rachel Yuen
5:30-6:50pm	YY102	陰陽瑜珈 Yin Yang Yoga (初級班 Elementary)	譚漢樺 Malvina Tam
	BD103	芭蕾舞 Ballet (初級班 Elementary)	黃琬宜 Claudeanna Wong
	CR101	中國舞小品 Chinese Dance Repertoire (初級班 Elementary)	阮芷螢 Rachel Yuen
	CO108	當代舞 Contemporary Dance (初級班 Elementary)	歐凱樺 Annie Au
	BD105	芭蕾舞 Ballet (初級進階班 Elementary Progressive)	黃琬宜 Claudeanna Wong
8:30-9:50pm	CG102	當代舞小品 Contemporary Dance Choreography (初級進階班 Elementary Progressive)	歐凱樺 Annie Au
<b>星期日 Sunday</b>			
10:00-11:20am	CS102	中國舞身韻 Chinese Dance 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	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

# 特別課程概覽

## Special Course Summary

(\*每堂55分鐘 55mins each class)

詳情 Details



### 2023年第二季舞蹈課程 2023 2<sup>ND</sup> Term Dance Courses (11.04-19.06.2023)

\*首項課程 Fee Per Course: \$900; 兩項課程 Two Courses: \$1,440 | 共10堂 Sessions

\*適合13歲或以上 For aged 13 or above

時間 Time	課程編號 Code	課程 Course	導師 Instructor
<b>星期一 Monday</b>			
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
<b>星期二 Tuesday</b>			
10:30-11:25am	SC104	中國舞基訓 Chinese Dance Basic Training (入門班 Introductory)	阮芷螢 Rachel Yuen
11:30am-12:25pm	SC105	中國舞身韻 Chinese Dance Shen Yun (入門班 Introductory)	阮芷螢 Rachel Yuen
<b>星期三 Wednesday</b>			
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
<b>星期四 Thursday</b>			
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
<b>星期五 Friday</b>			
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
<b>星期六 Saturday</b>			
12:00nn-12:55pm	SC113	當代舞 Contemporary (入門班 Introductory)	丘善行 Simpson Yau
1:00-1:55pm	SC114	K-Pop (初級班 Elementary)	陸耀麟 Anfernee Luk

