

2026年第1季舞蹈課程一覽 2026 1ST Season Dance Courses Listing

堂數 No of class : 10 堂 Sessions (每堂80分鐘 80mins/session)

上課日期 Course Date	時間 Time	編號 Code	課程 Course	導師 Instructor
星期一 Monday				
5/1-16/3	7:00-8:20pm	CO102	當代舞 Contemporary Dance (初級班 Elementary)	林詠茵 Peggy LAM
		GH101	Girl's Hip Hop (初級班 Elementary)	韓淑賢 Suyi HON
	8:30-9:50pm	CO105	當代舞 Contemporary Dance (初級進階班 Elementary Progressive)	林詠茵 Peggy LAM
		LT101	拉丁舞 Latin (入門班 Introductory)	何芳婷 Fonteyn HO
星期二 Tuesday				
6/1-17/3	7:00-8:20pm	AY101	瑜珈 Yoga	郭文靜 Pinki KWOK
		BD104	芭蕾舞 Ballet (初級進階班 Elementary Progressive)	樂知靄 Shirley LOK
		JK101	Jazz Funk (初級班 Elementary)	戴紫琚 TAI Tsz-kwan
	8:30-9:50pm	BR101	芭蕾舞劇目課程 Ballet Repertoires (初級進階班 Elementary Progressive)	樂知靄 Shirley LOK
		DB101	修身舞 Dance for Body Shaping	霍嘉穎 FOK Ka-wing
		KP101	K-Pop (入門班 Introductory)	戴紫琚 TAI Tsz-kwan
星期三 Wednesday				
7/1-18/3	7:00-8:20pm	CO103	當代舞 Contemporary Dance (初級班 Elementary)	李家祺 LEE Ka-ki
		GY101	全方位瑜珈伸展 Gentle Yoga Stretch	胡穎思 Jennifer WU
		KP102	K-Pop (初級班 Elementary)	陸耀麟 Anfernee LUK
	8:30-9:50pm	BD101	芭蕾舞 Ballet (入門班 Introductory)	黃曼喬 Barbie WONG
		KP103	K-Pop (初級班 Elementary)	戴紫琚 TAI Tsz-kwan
		YS101	瑜珈伸展 Yoga Stretch	胡穎思 Jennifer WU
星期四 Thursday				
8/1-19/3	7:00-8:20pm	CO106	當代舞 Contemporary Dance (初級進階班 Elementary Progressive)	樂知靄 Shirley LOK
		CD101	基訓 Basic Training (中國舞Chinese Dance) (初級班 Elementary)	莊陳波 CHONG Chan-po
	8:30-9:50pm	CS101	身韻 Shen Yun (中國舞Chinese Dance) (初級班 Elementary)	莊陳波 CHONG Chan-po
		LA101	LA Jazz (初級班 Elementary)	黃振棠 Michael WONG
		PM101	墊上普拉提 Pilates Mat Work	王麗庭 Lighting WONG
星期五 Friday				
9/1-20/3	7:00-8:20pm	HY101	音頻療癒瑜珈 Sound Healing Yoga	郭文靜 Pinki KWOK
	8:30-9:50pm	HF101	HIIT Mix Fitness	白瀨銘 PAK Wei-ming
星期六 Saturday				
10/1-21/3	10:00-11:20am	BD102	芭蕾舞 Ballet (初級班 Elementary)	黃曼喬 Barbie WONG
	11:30am-12:50pm	YS102	瑜珈伸展 Yoga Stretch	麥琬兒 Natalie MAK
	1:00-2:20pm	PM102	墊上普拉提 Pilates Mat Work	麥琬兒 Natalie MAK
	2:30-3:50pm	HJ101	Hip Hop Jazz (初級班 Elementary)	陸耀麟 Anfernee LUK
	4:00-5:20pm	GY102	全方位瑜珈伸展 Gentle Yoga Stretch	郭文靜 Pinki KWOK
		KP104	K-Pop (初級班 Elementary)	陸耀麟 Anfernee LUK
	5:30-6:50pm	BD103	芭蕾舞 Ballet (初級班 Elementary)	黃琬宜 Claudeanna WONG
	7:00-8:20pm	BP101	足尖芭蕾舞 Ballet Pointe (初級班 Elementary)	黃琬宜 Claudeanna WONG
		CO104	當代舞 Contemporary Dance (初級班 Elementary)	歐凱樺 Annie AU
	8:30-9:50pm	BD105	芭蕾舞 Ballet (初級進階班 Elementary Progressive)	黃琬宜 Claudeanna WONG
		CG101	當代舞小品 Contemporary Dance Choreography (初級進階班 Elementary Progressive)	歐凱樺 Annie AU
星期日 Sunday				
11/1-22/3	10:00-11:20am	CS102	身韻 Shen Yun (中國舞Chinese Dance) (初級班 Elementary)	麥琬兒 Natalie MAK
	11:30-12:50pm	CD102	基訓 Basic Training (中國舞Chinese Dance) (初級班 Elementary)	麥琬兒 Natalie MAK
	1:00-2:20pm	TJ101	Theatre Jazz (初級班 Elementary)	趙浩然 Rex CHIU
		CO101	當代舞 Contemporary Dance (入門班 Introductory)	查海欣 CHAR Hoi-yan
		FT101	Fit Dance	白瀨銘 PAK Wei-ming
	4:00-5:20pm	SD101	Street Dance (初級班 Elementary)	蘇樂鍵 Lokin SO