

通告 Notice

2026年第4季舞蹈課程及兒童舞蹈課程

2026 4th Season Dance Courses and Children's Dance Courses

取消班 Cancelled Courses

舞蹈課程 DANCE COURSES			
Course Code	Start Date	Time	Name
FT101	27.09.2026 (日 Sunday)	14:30-15:50	Fit Dance
PD101	30.09.2026 (三 Wed)	17:30-18:50	傷痛防禦: 核心與關節強化 Pain Defense: Core Control & Joint Stability
SC106	01.10.2026 (四 Thus)	11:30-12:25	瑜珈Yoga
SC109	02.10.2026 (五 Friday)	11:30-12:25	墊上普拉提 Pilates Mat Work
HY101	02.10.2026 (五 Friday)	19:00-20:20	音頻療癒瑜珈 Sound Healing Yoga

兒童舞蹈課程 CHILDREN DANCE COURSES			
Course Code	Start Date	Time	Name
CID105	27.09.2026 (日 Sunday)	10:00-10:55	舞蹈三色冰 Mix Dance (Age 3-6歲)
CCP101	27.09.2026 (日 Sunday)	11:00-11:55	親子舞蹈 Parent-Child Dance (Age 3-6歲)
CCO101	27.09.2026 (日 Sunday)	12:00-12:55	兒童當代舞 Kid's Contemporary Dance (Age 6-12歲)
CMJ101	27.09.2026 (日 Sunday)	12:00-12:55	兒童音樂劇爵士舞 Children's Musical Jazz (Age 5-8歲)
CKB101	29.09.2026 (二 Tue)	16:45-17:40	兒童霹靂舞 Kid's Breaking (Age 5-8歲)
CID101	02.10.2026 (五 Friday)	17:45-18:40	舞蹈三色冰 Mix Dance (Age 5-8歲)

不便之處，敬請見諒！Sorry for any inconvenience caused!