



盧盼之 Pansy Lo

學院校長
前城市當代舞蹈團全職舞者



李采燊 Karen Li

芭蕾舞及中國舞導師
香港演藝學院(芭蕾舞)



鄭熹琳 Michelle Cheng

芭蕾舞導師
前香港芭蕾舞團舞蹈員



梁思齊 Cindy Leung

芭蕾舞導師
香港芭蕾舞團舞蹈員

早鳥報名優惠

Early-Bird Registration

2024-9-27或之前
報名全期可享額外

95折

Register full course
on or before

2024-9-27

will enjoy extra

5% discount



林詠茵 Peggy Lam

當代舞導師
前城市當代舞蹈團全職舞者



馬師雅 Alice Ma

當代舞導師
香港演藝學院當代舞導師



盧敬燊 Kingsan Lo

當代舞導師
倫敦當代舞蹈學校



林佩詩 Tracy Lam

爵士舞導師
香港演藝學院(現代舞)

芭蕾舞
當代舞
中國舞 **NEW!**
音樂劇爵士舞
拉筋班
進階芭蕾舞培訓

Ballet
Contemporary Dance
Chinese Dance **NEW!**
Musical Jazz
Stretching
Progressing Ballet
Technique (PBT)

Mon

12:30-13:40
Stretching
(Ms Alice)

13:45-15:10
Ballet 1
(Ms Pansy)

19:45-21:10
Ballet Intro-1
(Ms Karen)

RAD考試班

現正接受報名
歡迎公開課
學生參加

Tue

10:30-11:55
Contemporary 1
(Ms Alice)

12:30-13:40
Stretching
(Ms Alice)

13:45-15:10
Ballet 1
(Ms Karen)

19:00-20:25
Ballet 1-2
(Ms Pansy)

20:30-21:55
Musical Jazz 1-2
(Ms Tracy)

20:30-21:55
Pointe & Variation 2
(Ms Pansy)

Wed

11:00-12:25
Ballet 1
(Ms Karen)

19:45-21:10
Contemporary 1-2
(Ms Peggy)



九龍新蒲崗
雙喜街9號
匯達商業中心
28樓05-06室

Unit 05-06, 28/F,
Win Plaza,
9 Sheung Hei Street,
San Po Kong, Kowloon
(鑽石山港鐵站
A2出口 5分鐘步行距離)
(5mins Walk from
Diamond Hill Station A2 Exit)

Thu

11:00-12:25
Ballet 1
(Ms Pansy)

12:30-13:40
Stretching
(Ms Alice)

18:45-19:55
Stretching & PBT*
(Ms Pansy)

20:00-21:25
Ballet 1-2
(Ms Pansy / Ms Cindy)

Fri

13:45-15:10
Ballet 1-2
(Ms Pansy)

19:00-20:25
Ballet 1
(Ms Michelle)

20:30-21:55
Ballet 2 & Pointe
(Ms Michelle)

新生試堂
New Student
Trial Class

Sat

14:30-15:55
Contemporary 1-2
(Ms Pansy / Mr King)

16:00-17:25
Ballet 1-2
(Ms Pansy)

17:30-18:55
Pointe & Variation 1
(Ms Pansy)

17:30-18:55
Chinese Dance 1
(Ms Karen)

19:00-20:25
Ballet Introduction
(Ms Karen)

Sun

15:00-16:25
Ballet Pointe
Introduction
(Ms Karen)

16:30-17:55
Ballet 1-2
(Ms Pansy)

新生於第一堂以優惠價報名試堂，
試堂後可以優惠價續報全期課程。

New students will enjoy discounted price to register the 1st lesson. After trial class, new students can continue to enjoy discounted price for registering full course.




Ballet Introduction

 Sat 19:00-20:25 (Ms. Karen)

For students with zero to limited ballet experience. Teacher focus on ballet basic technique, explains movements step by step.

Ballet Introduction - Level 1

 Mon 19:45-21:10 (Ms. Karen)






For students with zero to 6 months ballet experience. Teacher starts with warm up, develop ballet technique training with movement combination.

Ballet Level 1

 Mon 13:45-15:10 (Ms. Pansy)
 Tue 13:45-15:10 (Ms. Karen)
 Wed 11:00-12:25 (Ms. Karen)
 Thu 11:00-12:25 (Ms. Pansy)
 Fri 19:00-20:25 (Ms. Michelle)


For students with more than 1 year of ballet experience. Teacher starts with ballet barre, focus on developing students coordination and enchaînement.

Ballet Level 1-2

 Tue 19:00-20:25 (Ms. Pansy)
 Thu 20:00-21:25 (Ms. Pansy / Ms. Cindy)
 Fri 13:45-15:10 (Ms. Pansy)
 Sat 16:00-17:25 (Ms. Pansy)
 Sun 16:30-17:55 (Ms. Pansy)


For students with more than 2 years of ballet experience. Teacher starts developing student's intermediate level technique.

Ballet Level 2 & Pointe

 Fri 20:30-21:55 (Ms. Michelle)


For students with more than 2.5 years of ballet experience. Teacher starts developing ballet intermediate to advance level technique with pointe work.

Chinese Dance Level 1

 Sat 17:30-18:55 (Ms. Karen)


For students with or without of Chinese dance experience. Teacher starts with Chinese dance warm up, and teaches Chinese dance short choreography.

Stretching & PBT (Progressing Ballet Technique)

 Thu 18:45-19:55
(Ms Pansy)


For students who would like to understand how to use the correct muscle in ballet technique. PBT is an innovative body conditioning and strength-building program that prioritises muscle memory development through ballet-specific exercises.

Ballet Pointe Introduction

 Sun 15:00-16:25 (Ms. Karen)


For students with zero to limited ballet pointe experience. Teacher starts with barre, and some centre practice. Explain pointe technique in details.

Ballet Pointe & Variation - Level 1

 Sat 17:30-18:55 (Ms. Pansy)




For students with more than 1 year pointe experience, and who are interested in variation but without pointe experience. Teacher starts with barre with pointe, centre practice, and variation with simplified version. Students are optional to wear pointe.

Ballet Pointe & Variation - Level 2

 Tue 20:30-21:55 (Ms. Pansy)

For students with more than 2 years pointe experience, and who are interested in variation but without pointe experience. Teacher starts with barre with pointe, centre practice, and variation with close to original version. Students are optional to wear pointe.


Contemporary Dance

 Tue 10:30-11:55 - Level 1 (Ms. Alice)
 Wed 19:45-21:10 - Level 1-2 (Ms. Peggy)
 Sat 14:30-15:55 - Level 1-2 (Ms. Pansy / Mr. Kingsan)

Level 1: Teacher focus on contemporary dance technique training.


Level 1-2: Teacher starts with technique training, and teaches short choreography.

Musical Jazz 1-2

 Tue 20:30-21:55 (Ms. Tracy)

For students with or without of musical jazz experience. Teacher uses musical music, starts with jazz warm up, and teach jazz short choreography.

Stretching

 Mon 12:30-13:40 (Ms. Alice)
 Tue 12:30-13:40 (Ms. Alice)
 Thu 12:30-13:40 (Ms. Alice)

For students who would like to release stress from daily life, muscle tension, and improve flexibility.



Mon	12:30-13:40 Stretching (Ms Alice) 13:45-15:10 Ballet 1 (Ms Pansy) 19:45-21:10 Ballet Intro - 1 (Ms Karen)	Oct 7, 14, 21, 28 Nov 4, 11, 18, 25 Dec 2, 9, 16, 23, 30	13 Lessons
Tue	10:30-11:55 Contemporary 1-2 (Ms Alice) 12:30-13:40 Stretching (Ms Alice) 13:45-15:10 Ballet 1 (Ms Karen) 19:00-20:25 Ballet 1-2 (Ms Pansy) 20:30-21:55 Musical Jazz 1-2 (Ms Tracy) 20:30-21:55 Pointe & Variation 2 (Ms Pansy)	Oct 1, 8, 15, 22, 29 Nov 5, 12, 19, 26 Dec 3, 10, 17, 31	13 Lessons
Wed	11:00-12:25 Ballet 1-2 (Ms Karen) 19:45-21:10 Contemporary 1-2 (Ms Peggy)	Oct 2, 9, 16, 23, 30 Nov 6, 13, 20, 27 Dec 4, 11, 18	12 Lessons
Thu	11:00-12:25 Ballet 1 (Ms Pansy) 12:30-13:40 Stretching (Ms Alice) 18:45-19:55 Stretching & PBT (Ms Pansy) 20:00-21:25 Ballet 1-2 (Ms Pansy / Ms Cindy)	Oct 3, 10, 17, 24, 31 Nov 7, 14, 21, 28 Dec 5, 12, 19	12 Lessons
Fri	13:45-15:10 Ballet 1-2 (Ms Pansy) 19:00-20:25 Ballet 1 (Ms Michelle) 20:30-21:55 Ballet 2 & Pointe (Ms Michelle)	Oct 4, 11, 18, 25 Nov 1, 8, 15, 22, 29 Dec 6, 13, 20	12 Lessons
Sat	14:30-15:55 Contemporary 1-2 (Ms Pansy / Mr King) 16:00-17:25 Ballet 1-2 (Ms Pansy) 17:30-18:55 Pointe & Variation 1 (Ms Pansy) 17:30-18:55 Chinese Dance 1 (Ms Karen) 19:00-20:25 Ballet Introduction (Ms Karen)	Oct 5, 12, 19, 26 Nov 2, 9, 16, 23, 30 Dec 7, 14, 21, 28	13 Lessons
Sun	15:00-16:25 Ballet Pointe Introduction (Ms Karen) 16:30-17:55 Ballet 1-2 (Ms Pansy)	Oct 6, 13, 20, 27 Nov 3, 10, 17, 24 Dec 1, 8, 15, 22, 29	13 Lessons

全期 Full Course:	伸展運動/PBT Stretching / PBT (70mins)	舞蹈課程 Dance Course (85 mins)	客席大師班 Guest Master (85 mins)
(成人學生) (Adult Student)	\$170/class	\$200/class	\$230/class
(全日制學生) (Full-time Student)	\$150/class	\$170/class	\$200/class
單堂 Single Class:			
(成人學生) (Adult Student)	\$220/class	\$260/class	\$290/class
(全日制學生) (Full-time Student)	\$200/class	\$230/class	\$260/class
靈活套票 Coupon Package:	2.5 credits	3 credits	3.5 credits

(全日制學生優惠需要提供有效的全日制學生證)
(Full-time student discount is required to provide valid full-time student ID)

立即報名

Register Now



- WhatsApp 98334315 報名
 - 經 FPS 或銀行轉賬，並經 WhatsApp 發送付款記錄以完成報名
 - 經八達通、支付寶或信用卡等方式付款只供現場付款
- WhatsApp 98334315 to register
 - Settle payment through FPS / Bank transfer, and send payment record to 98334315, to finish registration
 - Octopus, credit card, and other payments method are only available for on site payment

付款方式 We Accept



(附交易平台費 Service Charge 1.5% */ 2.5%*)



FPS: 9833-4315 (A-Ballet Academy Limited)
Bank Transfer: HSBC 841-587173-838
(A-Ballet Academy Limited)

