



盧盼之 Pansy Lo

學院校長  
前城市當代舞蹈團全職舞者



王泳 Mike Wang

芭蕾舞大師班導師  
前香港芭蕾舞團首席舞蹈員



李采燊 Karen Li

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鄭熹琳 Michelle Cheng

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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)

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)

## Mon

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

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

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

## 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) **NEW!**

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

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

## Wed

13:45-15:10  
Ballet 1-2\*  
(Mr Mike) **NEW!**

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

\*大師班 Master Class

## Thu

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

12:30-13:40  
Stretching  
(Ms Alice) **NEW!**

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

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

\*Progressing Ballet Technique

## Sat

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

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

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

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

## Sun

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

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

## 新生試堂 New Student Trial Class

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.



### 舞蹈課程 Dance Courses:

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)	Jul 8, 15, 22, 29 Aug 5, 12, 19, 26 Sep 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)	Jul 2, 9, 16, 23, 30 Aug 6, 13, 20, 27 Sep 3, 10, 17, 24	13 Lessons
Wed	13:45-15:10 Ballet 1-2 (Mr Mike / Ms Pansy)* 19:45-21:10 Contemporary 1-2 (Ms Peggy)	Jul 3, 10, 17, 24, 31 Aug 7, 14, 21, 28 Sep 4, 11, 18, 25	13 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 Cindy / Ms Pansy) <small>^ Progressing Ballet Technique</small>	Jul 4, 11, 18, 25 Aug 1, 8, 15, 22, 29 Sep 5, 12, 19, 26	13 Lessons
Sat	14:30-15:55 Contemporary 1-2 (Ms Pansy / Mr King) 16:00-17:25 Ballet 1-2 (Ms Michelle / Ms Pansy) 17:30-18:55 Pointe & Variation 1 (Ms Michelle / Ms Pansy) 19:00-20:25 Ballet Introduction (Ms Karen)	Jul 6, 13, 20, 27 Aug 3, 10, 17, 24 Sep 7, 14, 21, 28	12 Lessons
Sun	15:00-16:25 Ballet Pointe Introduction (Ms Karen) 16:30-17:55 Ballet 1-2 (Ms Pansy)	Jul 7, 14, 21, 28 Aug 4, 11, 18, 25 Sep 8, 15, 22, 29	12 Lessons

\*Master class by Mr Mike in July and Aug 7

全期 Full Course:	伸展運動/PBT Stretching / PBT (70mins)	舞蹈課程 Dance Course (85 mins)	大師班 Master Class (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)

