



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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香港芭蕾舞團舞蹈員



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



孫銘傑 Antony Suen

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雙喜街9號
匯達商業中心
28樓06室

Unit 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 / Ms Pansy)

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 / Ms Pansy)

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

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

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

19:45-21:10
Musical Jazz 1-2
(Mr Antony)

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

Wed

13:45-15:10
Ballet 1-2*
(Mr Mike / Ms Pansy)

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

*大師班 Master Class
(Class by Mr Mike
in July and Aug 7)

Thu

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

早鳥優惠
Early-bird

Before 2024-6-21或之前
報讀全期可享額外95折
Register full course will enjoy extra 5% off



舞蹈課程 Dance Courses:

Mon	12:30-13:40 Stretching (Ms Alice / Ms Pansy) 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	12 Lessons
Tue	10:30-11:55 Contemporary 1-2 (Ms Alice / Ms Pansy) 12:30-13:40 Stretching (Ms Alice/Ms Pansy) 13:45-15:10 Ballet 1 (Ms Karen) 19:00-20:25 Ballet 1-2 (Ms Pansy) 19:45-21:10 Musical Jazz 1-2 (Mr Antony)# 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	11/13 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) 18:45-19:55 Stretching & PBT^ (Ms Pansy) 20:00-21:25 Ballet 1-2 (Ms Cindy / Ms Pansy)	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

#No Musical Jazz 1-2 class on Aug 6 & 13

*Master class by Mr Mike in July and Aug 7

^ Progressing Ballet Technique

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:	\$220/class	\$260/class	\$290/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



1. WhatsApp 98334315 報名
 2. 經 FPS 或銀行轉賬，並經 WhatsApp 發送付款
 3. 記錄以完成報名
 3. 經八達通、支付寶或信用卡等方式付款只供現場付款
1. WhatsApp 98334315 to register
 2. Settle payment through FPS / Bank transfer, and send payment record to 98334315, to finish registration
 3. 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)

