

### 早鳥報名優惠

Early-Bird Registration

於 2026-3-28 前  
報名全期課程可享

# 9折

Enroll full course on or  
before 2026-3-28 to enjoy

# 10% off

### RAD 考試班 現接受報名



歡迎公開課  
學生參加

月費: \$260/堂

#### 芭蕾舞 Ballet

- 芭蕾舞入門
- 芭蕾舞 Level 1
- 芭蕾舞 Level 1-2
- 足尖入門 Pointe
- 足尖及變奏 Level 1
- 足尖及變奏 Level 2

#### 當代舞 Contemporary Dance

- 當代舞 Level 1
- 當代舞 Level 1-2

#### 拉丁舞 Latin

- 拉丁女獨舞 Female Solo

#### 爵士舞 Jazz

- 音樂劇爵士舞 Musical Jazz

#### 身體鍛鍊 Body Work

- 拉筋班 Stretching
- 進階芭蕾舞培訓 PBT

\$1,000 或以上免信用卡手續費

### 新生試堂 New Student Trial

#### 試堂優惠價

#### Trial Class with Discounted Price

身體鍛鍊班: \$190      大師班: \$250  
85分鐘舞蹈班: \$220      RAD考試班: \$260  
2小時舞蹈班: \$280

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 first lesson. After trial class, new  
students can continue to enjoy discounted  
price for registering full course.



盧盼之 Pansy Lo

學院校長  
前城市當代舞蹈團全職舞者



藤岡綾子 Ayako Fujioka

芭蕾舞大師班導師  
前香港芭蕾舞團首席舞蹈員



李采嫻 Karen Li

芭蕾舞導師  
香港演藝學院(芭蕾舞)



梁思齊 Cindy Leung

芭蕾舞導師  
前香港芭蕾舞團舞蹈員



樂知靄 Shirley Lok

當代舞導師  
城市當代舞蹈團排練指導



馬師雅 Alice Ma

當代舞導師  
香港演藝學院當代舞導師



何芳婷 Fonteyn Ho

拉丁舞導師  
香港演藝學院(當代舞)



葉靜怡 Aysa Yeh

爵士舞導師  
專業舞蹈教育家



## Mon

13:45-15:10

Ballet 1  
(Ms Pansy)

18:30-19:40

Stretching  
(Ms Alice/Ms Pansy)

19:45-21:10

Ballet Intro-1  
(Ms Karen)

19:45-21:10

Contemp 1-2  
(Ms Alice/Ms Pansy)

## Tue

13:45-15:10

Ballet 1  
(Ms Karen)

19:00-20:25

Ballet 1-2  
(Ms Pansy/Ms Cindy)

20:30-21:55

Musical Jazz 1-2  
(Ms Asya)

20:30-21:55

Pointe & Variation 2  
(Ms Pansy/Ms Cindy)

## Wed

11:00-12:25

Ballet Intro-1  
(Ms Karen)

12:30-13:40

Relax Stretching  
(Ms Alice)

19:45-21:10

RAD AF\*  
(Ms Pansy)

19:45-21:10

RAD INTER\*  
(Ms Karen)

## Thu

10:30-11:55

Contemp 1  
(Ms Alice)

10:45-12:10

Ballet 1  
(Ms Pansy)

12:15-13:25

Stretching  
(Ms Alice)

18:45-19:55

Stretching & PBT  
(Ms Cindy)

20:00-21:25

RAD A2\*  
(Ms Karen)

20:00-21:25

Ballet 1-2  
+ 21:30-22:00  
Pointe 1 [Optional]  
(Ms Cindy)

## Fri

13:45-15:10

Ballet 1-2  
(Ms Pansy)

17:30-18:55

RAD IF\*  
(Ms Karen)

19:00-20:25

Ballet 1-2  
(Ms Karen)

20:00-21:25

RAD A2\*  
(Ms Pansy)

20:30-21:55

RAD AF\*  
(Ms Karen)

## 全期課程福利 Full Course Benifit

- 課程期內無限次補課
- 早鳥優惠(9折)
- 優先預留課堂
- 報讀2個全期課程或以上可享優惠價 (\$220/堂) 報讀任何課程之單堂
- 舊生報讀新一期課程, 可將今期未用之補課限額延伸至下一期
- No make-up class quota within the course period
- Early-bird discount (10% off)
- Priority to reserve class
- Register 2 or more courses will enjoy discounted price (\$220/class) for extra single class
- Current student registering new term will be able to extend the unused make-up class quota to the new term



## Sat

14:30-15:55

Contemp 1-2  
(Ms Pansy/Ms Shirley)

16:00-17:25

Ballet 1-2  
(Ms Pansy)

17:30-18:55

Ballet Pointe Intro  
(Ms Karen)

17:30-18:55

Pointe & Variation 1  
(Ms Pansy)

19:00-20:25

Ballet Introduction  
(Ms Karen)

19:00-20:25

RAD A1\*  
(Ms Pansy)

20:30-21:55

RAD IF\*  
(Ms Karen)

## Sun

16:30-17:55

Ballet 1-2  
(Ms Ayako~/Ms Pansy)  
\*Master Class

16:30-17:55

RAD A1\*  
(Ms Karen)

18:30-19:55

Latin Female Solo Intro  
(Ms Fonteyn)



Mon	13:45-15:10 Ballet 1 (Ms Pansy) 18:30-19:40 Stretching (Ms Pansy / Ms Alice) 19:45-21:10 Ballet Intro-1 (Ms Karen) 19:45-21:10 Contemporary 1-2 (Ms Alice / Ms Pansy)	Apr 13, 20, 27 May 4, 11, 18 Jun 1, 8, 15, 22, 29	11 Lessons
Tue	13:45-15:10 Ballet 1 (Ms Karen) 19:00-20:25 Ballet 1-2 (Ms Pansy / Ms Cindy) 20:30-21:55 Musical Jazz 1-2 ( Ms Asya) 20:30-21:55 Pointe & Variation 2 (Ms Pansy / Ms Cindy)	Apr 14, 21, 28 May 5, 12, 19, 26 Jun 2, 9, 16, 23, 30	12 Lessons
Wed	11:00-12:25 Ballet Intro-1 (Ms Karen) 12:30-13:40 Relax Stretching (Ms Alice)	Apr 1, 8, 15, 22, 29 May 6, 13, 20, 27 Jun 3, 10, 17, 24	13 Lessons
Thu	10:30-11:55 Contemporary 1 (Ms Alice) 10:45-12:10 Ballet 1 (Ms Pansy) 12:15-13:25 Stretching (Ms Alice) 18:45-19:55 Stretching & PBT (Ms Cindy) 20:00-21:25 Ballet 1-2 (Ms Cindy) + 21:30-22:00 Pointe 1 - optional (Ms Cindy)	Apr 2, 9, 16, 23, 30 May 7, 14, 21, 28 Jun 4, 11, 18, 25	13 Lessons
Fri	13:45-15:10 Ballet 1-2 (Ms Pansy) 19:00-20:25 Ballet 1-2 (Ms Karen)	Apr 10, 17, 24 May 8, 15, 22, 29 Jun 5, 12, 26	10 Lessons
Sat	14:30-15:55 Contemporary1-2 (Ms Pansy / Ms Shirley) 16:00-17:25 Ballet 1-2 (Ms Pansy) 17:30-18:55 Pointe & Variation 1 (Ms Pansy) 17:30-18:55 Ballet Pointe Introduction (Ms Karen) 19:00-20:25 Ballet Introduction (Ms Karen)	Apr 11, 18, 25 May 2, 9, 16, 23, 30 Jun 6, 13, 20, 27	12 Lessons
Sun	16:30-17:55 Ballet 1-2 (Ms Ayako^) 18:30-19:55 Latin Female Solo (Ms Fonteyn)	Apr 12^, 19^, 26^ May 3^, 10, 17^, 24^, 31 Jun 7^, 14^, 21^, 28^	12 Lessons ^Master Class

### 新生試堂優惠 New Students Promotion

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 first lesson. After trial class, new students can continue to enjoy discounted price for registering full course.

### 付款方式 We Accept

FPS: 9833-4315 (A-Ballet Academy Limited)

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



(附交易平台費 Service Charge 1.5% / 2.5%)

### 立即報名 Register Now



1. WhatsApp 98334315 報名
  2. 經 FPS或銀行轉賬，並經 WhatsApp 發送付款記錄以完成報名
  3. 支付寶、微信、Visa & Mastercard 網上付款，可與我們聯絡獲支付連結
  4. 經八達通或其他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. For AliPay, WeChat Pay, Visa and Mastercard online settlement, please WhatsApp us for payment link.
  4. Octopus and other payment methods are only available for on-site payment



### 3個上課方式:

**\$1,000 或以上免信用卡手續費**

🌟 全期課程 Full Course (3個月) | 🌟 靈活套票 Coupon Package | 🌟 單堂 Single Class

### 全期課程 Full Course (3個月)

**Full-Time Students Discount: 15% Off**

Stretching / PBT (70mins): \$190/class

Dance Class (85mins): \$220/class

Master Class (85mins): \$250/class

2 hrs Dance Class: \$280/class

- 無限額補課
- 延伸上一期 (1至3月) 未用之補課限額至新一期 (4至6月)
- 參加 2 個或以上的全期課程, 可以優惠價參加額外課堂
- 如未能在這一期完成補課, 只要下一期繼續報讀全期課程, 將可延伸補課至下一期
- Unlimited makeup class quota
- Extend your last term (Jan to Mar) unused makeup class quota to new term (Apr to Jun)
- Students joining 2 or more courses will enjoy discounted price to join extra class
- If you cannot complete the make-up classes during this period, you may extend make-up quota to the next period by registering full course.

### 靈活套票 Coupon Package

**Full-Time Students Discount: 15% Off**

**15 Credits: \$1,325 | 30 Credits: \$2,450 | 45 Credits: \$3,300**

Stretching / PBT (70mins): 2.5 Credits

Dance Class (85mins): 3 Credits

Master Class (85mins): 3.5 Credits

2 hrs Dance Class: 4 Credits

- 可參加所有的公開課, 所有課堂需最少於一天前以 WhatsApp 報名。
- 每班有最少 2 個靈活套票的名額, 名額有限, 請預先報名留位。
- 靈活套票有效期為三個月。
- 若三個月內無法使用所有靈活套票, 可購買下一套的套票, 以延長上一套票的credits有效期多三個月。
- 若套票剩下不足一堂課的 Credit, 當購買下一套的套票時, 可把剩下的 Credit 帶到下一套的套票。
- 若學生報名後未能出席課堂, 請於課堂最少一小時前請假。若沒有請假, 將會扣除課堂 Credit。
- Students can enroll all open classes, please WhatsApp us at least one day before the class.
- Each class has at least 2 quotas for coupon package students. Please reserve in advance.
- Coupon package is valid for 3 months from the first class.
- Purchase another coupon package to extend the unused credits for another 3 months.
- If you don't have enough credits for a class and you purchase a new package, your unused credits can be carried forward to your new package.
- If the student is unable to attend the class after registration, please take leave at least 1hr before the class. If you haven't taken leave, the credit will be deducted.

### 單堂 Single Class

**Full-Time Students Discount: 5% Off**

Stretching / PBT (70mins): \$240/class

Dance Class (85mins): \$280/class

Master Class (85mins): \$310/class

2 hrs Dance Class: \$340/class

- 可參加所有的公開課
- 所有課堂需最少於一天前以 WhatsApp 報名。
- 可靈活安排課堂。
- Students can enroll all open classes
- Please WhatsApp us at least one day before the class.
- Flexible to arrange classes.

全日制學生優惠需要提供有效的全日制學生證

Full-time student offer is required to provide valid full-time student card

全日制學生優惠不可與其他優惠或折扣同時使用。

Full-time student offer cannot be used in conjunction with other promotion offers or discount.



### Ballet Introduction

- Mon 19:45-21:10 (Ms. Karen)
- Wed 11:00-12:25 (Ms. Karen)
- 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 Level 1

- Mon 13:45-15:10 (Ms. Pansy)
- Tue 13:45-15:10 (Ms. Karen)
- Thu 10:45-12:10 (Ms. Pansy)

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/Ms. Cindy)
- Thu 20:00-21:25 + 30 mins Pointe 1[Optional] (Ms. Cindy)
- Fri 13:45-15:10 (Ms. Pansy)
- Fri 19:00-20:25 (Ms. Karen)
- Sat 16:00-17:25 (Ms. Pansy)
- Sun 16:30-17:55 (Ms. Ayako ^ / Ms. Pansy)

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

### Latin Female Solo Intro

- Sun 18:30-19:55 (Ms. Fonteyn)

Discover the elegance and power of Latin dance in this beginner-friendly solo class for women. Learn foundational techniques, sharp movements, and expressive styling to build confidence. The class is designed to enhance posture, rhythm, and coordination. No partner needed—just bring your energy and passion!

### Stretching & PBT (Progressing Ballet Technique)

- Thu 18:45-19:55 (Ms. Cindy)

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

- Sat 17:30-18:55 (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

- Mon 19:45-21:10 - Level 1-2 (Ms. Alice / Ms. Pansy)
- Thu 10:30-11:55 - Level 1 (Ms. Alice)
- Sat 14:30-15:55 - Level 1-2 (Ms. Pansy / Ms. Shirley)

Level 1: For beginners (0-1 year). Step-by-step introduction to contemporary technique with clear explanations and corrections.

Level 1-2: For 1+ year experience. Technique-focused class with detailed breakdowns to refine movement quality and strength.

### Musical Jazz Level 1-2

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

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

### Stretching

- Mon 18:30-19:40 (Ms. Alice / Ms. Pansy)
- Wed 12:30-13:40 (Ms. Alice)
- Thu 12:15-13:25 (Ms. Alice)

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

