



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

早鳥報名優惠

Early-Bird Registration

於 2025-9-26 前
報名全期課程可享

9折

Enroll full course on or
before 2025-9-26 to enjoy

10% off



馬師雅 Alice Ma

當代舞導師
香港演藝學院當代舞導師



鄭彥璋 Eric Kwong

當代舞導師
城市當代舞蹈團全職舞者



林佩詩 Tracy Lam

爵士舞/當代舞導師
香港演藝學院(當代舞)



岑海琳 Miki Sham

中國舞導師
香港演藝學院(中國舞)

RAD 考試班 現正接受報名

歡迎公開課學生參加

新生可以優惠價試堂

\$260/堂(月費)



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

12:30-13:40

Stretching
(Ms Karen)

13:45-15:10

Ballet 1
(Ms Karen)

19:00-20:25

Ballet 1-2
(Ms Pansy)

19:00-20:25

Chinese Dance 1
(Ms Miki)

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 Intro-1
(Ms Karen)

12:30-13:40

Stretching
(Ms Alice)

19:45-21:10

Ballet 1-2
(Ms Pansy/Ms Cindy)

19:45-21:10

RAD INTER*
(Ms Karen)

新生試堂 New Student Trial Class

優惠價試堂
第一堂課

舞蹈課: \$220

拉筋班: \$190

大師班: \$250

RAD考試班: \$260

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 Pansy & 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 Pansy)

Sat

13:15-14:25

Stretching
(Ms Alice)

16:00-17:25

Musical Jazz 1-2
(Ms Tracy)

17:30-18:55

Ballet Pointe Intro
(Ms Karen)

19:00-20:25

Ballet Introduction
(Ms Karen)

20:30-21:55

RAD IF*
(Ms Karen)

14:30-15:55

Contemp 1-2
(Ms Pansy/Ms Tracy)

16:00-17:25

Ballet 1-2
(Ms Pansy)

17:30-18:55

Pointe & Variation 1
(Ms Pansy)

19:00-20:25

RAD A1*
(Ms Pansy)

20:30-21:55

Contemp 1-2 (Floor)
(Mr Eric)

Sun

16:30-17:55

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

16:30-17:55

RAD AF*
(Ms Karen)

18:00-19:25

RAD A1*
(Ms Pansy)

芭蕾舞
當代舞
中國舞
音樂劇爵士舞
拉筋班
進階芭蕾舞培訓



a_ballet.hk



A-Ballet Academy

www.a-ballet.hk



9833 4315



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

Dance Class (2hrs): \$280/class

- 無限額補課
- 延伸上一期 (4至6月) 未用之補課限額至新一期 (7至9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 (Oct to Dec 2024) unused makeup class quota to new term (Jan to Mar 2025)
- 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

Dance Class (2hrs): 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

Dance Class (2hrs): \$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.



a_ballet.hk



A-Ballet Academy

www.a-ballet.hk



9833 4315



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)

 Wed 11:00-12:25 (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)

 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)

 Wed 19:45-21:10 (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.

Chinese Dance Level 1

 Tue 19:00-20:25 (Ms. Miki)

Experience the elegance and grace of traditional Chinese dance in this immersive class. Students will learn various styles, including classical, folk, and ethnic dances, emphasizing fluid movements and expressive storytelling. Suitable for all levels.

Stretching & PBT (Progressing Ballet Technique)

 Thu 18:45-19:55 (Ms. Pansy / 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. Tracy)

 Sat 20:30-21:55 - Level 1-2 (Floor) (Mr Eric)

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.

Level 1-2 (Floor): Floor-work focused. Builds from foundational contemporary floor techniques to more dynamic, traveling and phrase-based floor movement.

Musical Jazz Level 1-2

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

 Sat 16:00-17:25 (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 18:30-19:40 (Ms. Alice / Ms. Pansy)

 Tue 12:30-13:40 (Ms. Karen)

 Wed 12:30-13:40 (Ms. Alice)

 Thu 12:15-13:25 (Ms. Alice)

 Sat 13:15-14:25 (Ms. Alice)

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

