

早鳥報名優惠

Early-Bird Registration

於 2025-12-28 前
報名全期課程可享

9折

Enroll full course on or
before 2025-12-28 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

公開課 Open Class

1月至3月 Jan to Mar 2026

芭蕾舞 Ballet

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

當代舞 Contemporary Dance

- 當代舞 Level 1 / 2
- 地板技巧 (Floor Work) **NEW!**
- 雙人舞 (Duet)

拉丁舞 Latin **NEW!**

- 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
- 芭蕾塑身 Ballet Fitness **NEW!**
- 進階芭蕾舞培訓 PBT

新生試堂 New Student Trial

試堂優惠價

Trial Class with Discounted Price

身體鍛鍊班: \$190
85分鐘舞蹈班: \$220
2小時舞蹈班: \$280

大師班: \$250

RAD考試班: \$260

雙人舞班: \$280



盧盼之 Pansy Lo



藤岡綾子 Ayako Fujioka

學院校長
前城市當代舞蹈團全職舞者

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

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

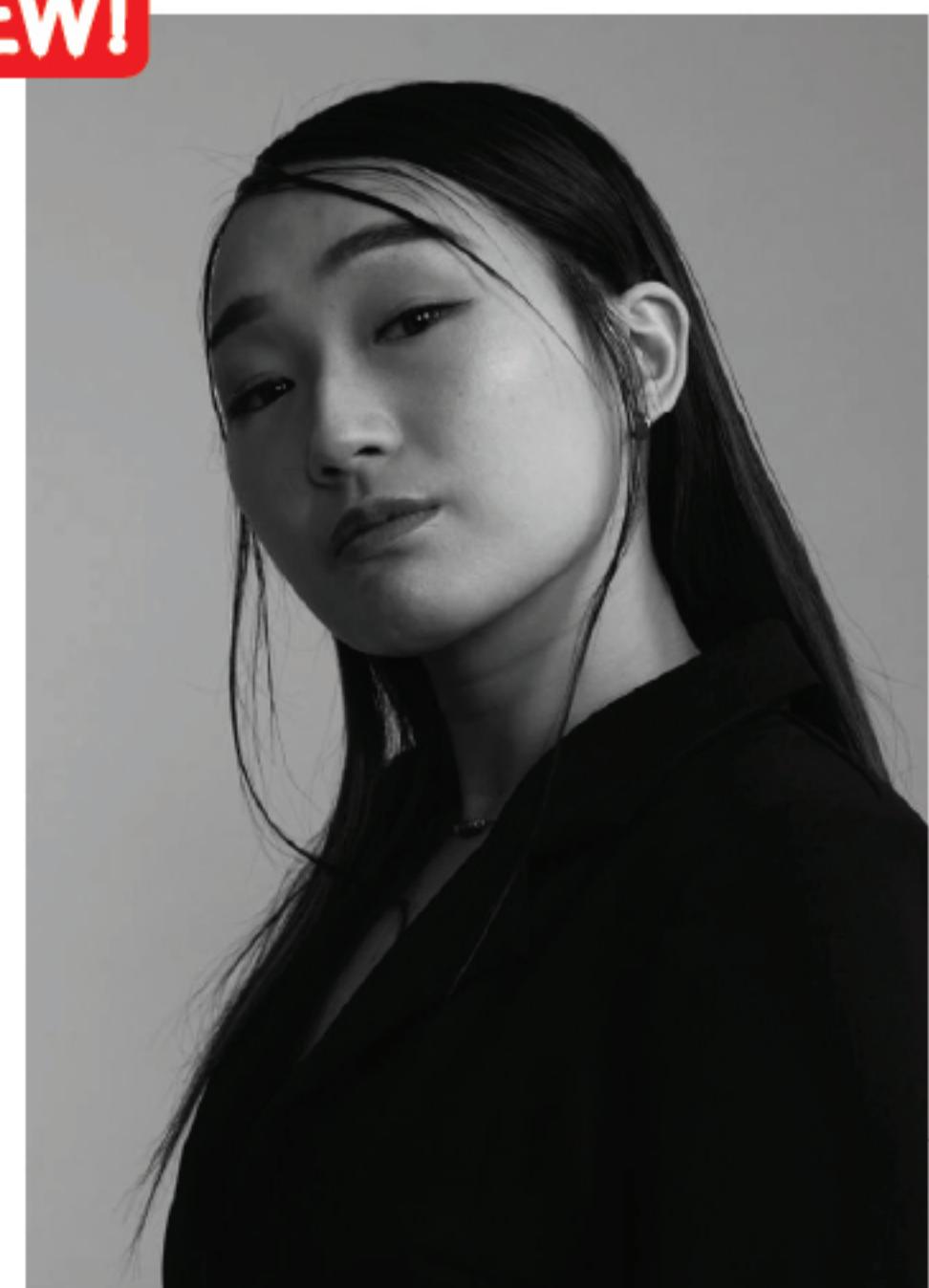
NEW!



廖向民 Liu Heung Man

當代舞導師
香港演藝學院 (當代舞)

NEW!



何芳婷 Fonteyn Ho

拉丁舞導師
香港演藝學院 (當代舞)

NEW!



林佩詩 Tracy Lam

爵士舞導師
香港演藝學院 (當代舞)

NEW!



葉靜怡 Aysa Yeh

爵士舞導師
專業舞蹈教育家

NEW!



查海欣 Char Hoi Yan

芭蕾塑身導師
香港演藝學院 (當代舞)



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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)
- 19:00-20:25 **NEW!** Contemp (Duet) (Ms Alice & Mr Man)
- 20:30-21:55 Musical Jazz 1-2 (Ms Tracy/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) **NEW!**
- 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)

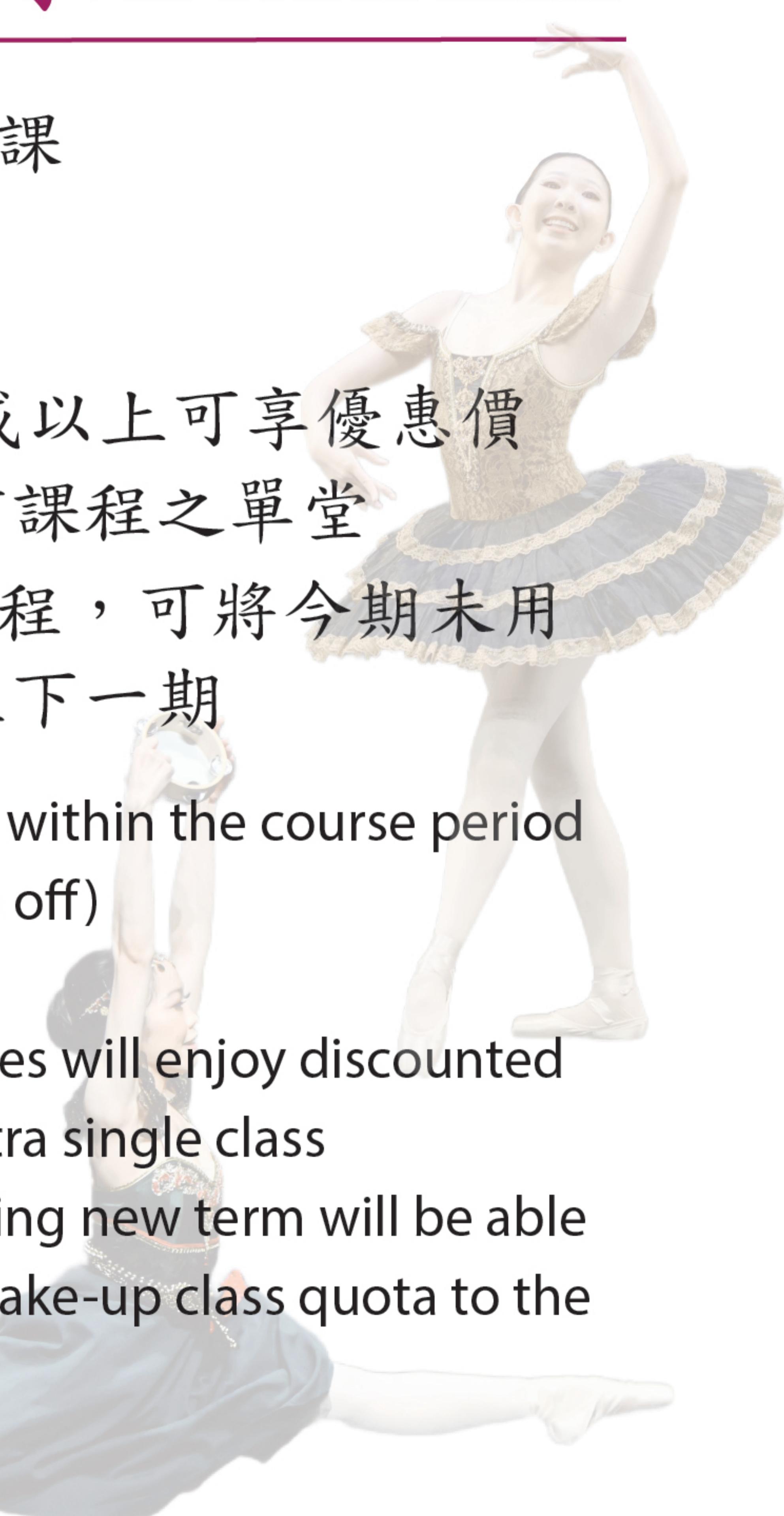
Fri

- 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 Benefit

- 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，可將本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 **NEW!** 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

- 10:30-11:55 **NEW!** Ballet Fitness (Ms Char)
- 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) **NEW!**



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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)	Jan 5, 12, 19, 26 Feb 2, 9, 23 Mar 2, 9, 16, 23, 30	12 Lessons
Tue	13:45-15:10 Ballet 1 (Ms Karen) 19:00-20:25 Ballet 1-2 (Ms Pansy / Ms Cindy) 19:00-20:25 Contemporary Duet (Ms Alice & Mr Man) 20:30-21:55 Musical Jazz 1-2 (Ms Tracy / Ms Asya) 20:30-21:55 Pointe & Variation 2 (Ms Pansy / Ms Cindy)	Jan 6, 13, 20, 27 Feb 3, 10, 24 Mar 3, 10, 17, 24, 31	12 Lessons
Wed	11:00-12:25 Ballet Intro-1 (Ms Karen) 12:30-13:40 Relax Stretching (Ms Alice)	Jan 7, 14, 21, 28 Feb 4, 11, 25 Mar 4, 11, 18, 25	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 Cindy) 20:00-21:25 Ballet 1-2 (Ms Cindy) + 21:30-22:00 Pointe 1 - optional (Ms Cindy)	Jan 8, 15, 22, 29 Feb 5, 12, 26 Mar 5, 12, 19, 26	11 Lessons
Fri	13:45-15:10 Ballet 1-2 (Ms Pansy) 19:00-20:25 Ballet 1-2 (Ms Karen)	Jan 2, 9, 16, 23, 30 Feb 6, 13, 27 Mar 6, 13, 20, 27	12 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)	Jan 3, 10, 17, 24, 31 Feb 7, 14, 21, 28 Mar 7, 14, 21, 28	13 Lessons
Sun	10:30-11:55 Ballet Fitness (Ms Char) 16:30-17:55 Ballet 1-2 (Ms Ayako^ / Ms Pansy) 18:30-19:55 Latin Female Solo (Ms Fonteyn)	Jan 4, 11^, 18^, 25^ Feb 1^, 8, 15^, 22 Mar 1^, 8^, 15^, 22^, 29^	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)

- 無限額補課
- 延伸上一期 (10至12月) 未用之補課限額至新一期 (1至3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) unused makeup class quota to new term (Jan to Mar)
- 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.

Full-Time Students Discount: 15% Off

Stretching / PBT (70mins): \$190/class
Dance Class (85mins): \$220/class
Master Class (85mins): \$250/class
Duet / 2 hrs Dance Class: \$280/class

靈活套票 Coupon Pacakge

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

Full-Time Students Discount: 15% Off

Stretching / PBT (70mins): 2.5 Credits
Dance Class (85mins): 3 Credits
Master Class (85mins): 3.5 Credits
Duet / 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

- 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.

Full-Time Students Discount: 5% Off

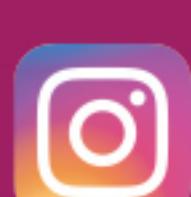
Stretching / PBT (70mins): \$240/class
Dance Class (85mins): \$280/class
Master Class (85mins): \$310/class
Duet / 2 hrs Dance Class: \$340/class

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.



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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 Fitness

- Sun 10:30-11:55 (Ms. Char)

Combine ballet grace with a full-body workout. Improve posture, strength, and flexibility through ballet-inspired exercises. Feel stronger and more energized!

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)
- Tue 19:00-20:25 - Duet (Ms. Alice & Mr. Man)
- 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.

Duet: Discover basic Contemp duet skills, focus on counter balance, weight shifting with partners, into lifts and fluidity. Perfect for all levels to grow artistry with a partner.

Musical Jazz Level 1-2

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

