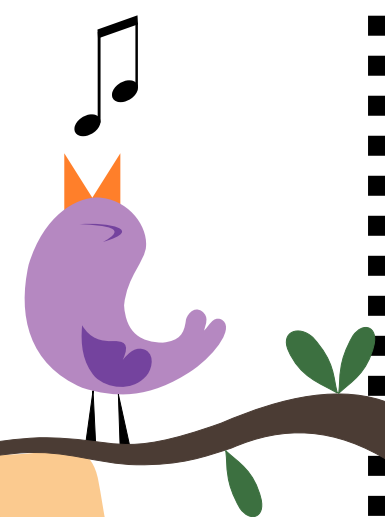




Shaw College Sports and Recreation Courses for 2022/23 (Term 2) 逸夫書院康體訓練課程2022/23年度 (下學期)



韓國潮流舞蹈 K-Pop Dance

Date: 21, 28 Feb, 7, 14, 21, 28 Mar 2023
(Tue)

Time: 18:30 - 20:00

Fee: \$380 (Course Fee \$190 + Deposit \$190)

Venue: Dancing Room, LG3/F Kuo Mou Hall,
Shaw College

Quota: 14

Deadline: 13 February 2023

<http://bit.ly/3XIKr74>



普拉提健體班 Pilates

Date: 16, 23 Feb 2, 9, 16, 23 Mar 2023 (Thu)
Time: 19:00 - 20:30

Fee: \$320 (Course Fee \$160 + Deposit \$160)

Venue: LG501, Wen Lan Tang, Shaw College

Quota: 16

Deadline: 8 February 2023

<https://bit.ly/3Gvr5oV>



泰拳 Thai Boxing

Date: 9, 16, 23 Feb 2, 9, 16, 23, 30 Mar 2023 (Thu)

Time: 18:30 - 20:00

Fee: \$450 (Course Fee \$225 + Deposit \$225)

Venue: Dancing Room, LG3/F Kuo Mou Hall,
Shaw College

Quota: 15

Deadline: 2 February 2023

<http://bit.ly/3CBbq6o>



瑜珈班 Yoga Class

Date: 20, 27 Feb, 6, 13, 20, 27 Mar 2023
(Mon)

Time: 18:30 - 20:00

Fee: \$290 (Course Fee \$145 + Deposit \$145)

Venue: LG501, Wen Lan Tang, Shaw College

Quota: 14

Deadline: 13 February 2023

<https://bit.ly/3jU0dY8>



網球班 Tennis Class

Date: 16, 23 Feb, 2, 16, 23, 30 Mar 2023 (Thu)

Time: 18:00 - 20:00

Fee: \$250 (Course Fee \$125 + Deposit \$125)

Venue: Tennis Court No. 3 & 4 University
Sports Centre

Quota: 14

Deadline: 9 February 2023

<http://bit.ly/3GP9Yjn>

