



Class Schedule 2026 (Burnaby)

<p><u>Grade 7 Classes (9-11 years old)</u> Wednesday 3:30-5:00pm</p>	<p><u>中国舞等级考试 7 级班 (9-11岁)</u> 周三 3:30-5:00pm</p>
<p><u>Grade 9 Classes (11-13 years old)</u> Wednesday 5:00-6:30pm</p>	<p><u>中国舞等级考试 9 级班 (11-13岁)</u> 周三 5:00-6:30pm</p>
<p><u>Grade 12 Classes (13-15 years old)</u> Friday 5:00-6:00pm</p>	<p><u>中国舞等级考试 12 级班 (13-15岁)</u> 周五 5:00-6:00pm</p>
<p><u>Youth Classical Chinese Training</u></p> <p>Technique Training: Saturday 10:00-11:00am</p> <p>Shen Yun (Classical Chinese Dance): Saturday 12:30-2:00pm</p>	<p><u>基本功与身韵课</u></p> <p>基本功: 周六 10:00-11:00am</p> <p>身韵: 周六 12:30-2:00pm</p>
<p><u>Adult Classes</u></p> <p>Follow Me Dance: Monday, Friday 10:00-11:00am Wednesday 10:00-11:30am</p> <p>Adult Body Training: Wednesday 11:30am-12:30pm</p> <p>Adult Shen Yun (Classical Chinese Dance): Monday 11:00am-12:00pm</p> <p>Adult Performance Class: Monday 12:00-1:00pm (Dai Minority Dance) Friday 11:00am-12:30pm (Chaoxian Minority Dance)</p> <p>Adult Technique Training: Friday 12:30-2:00pm</p>	<p><u>成人班</u></p> <p>Follow Me Dance: 周一、周五 10:00-11:00am 周三 10:00-11:30am</p> <p>形体: 周三 11:30am-12:30pm</p> <p>身韵: 周一 11:00am-12:00pm</p> <p>成人作品班: 周一 12:00-1:00pm (傣族伞舞) 周五 11:00am-12:30pm (朝鲜族映山红)</p> <p>基本功: 周五 12:30-2:00pm</p>