



DANCETRINITY
inspire evolve participate

April 2017
studio class schedule

www.dancetrinity.com

STRETCH & CONDITIONING



UPCOMING COURSES - MUST register in advance

Courses are either special one-off workshops or easy introduction courses to get you ready for the pace of the walk-in classes. Unlike our walk-in classes, courses are progressive, meaning each class builds on the previous one requiring you to have attended all sessions.

SALSA ABSOLUTE BEGINNERS - 4 week course

Day/Time: TUESDAYS 21:00 - 22:00 Dates: 9, 16, 23 & 30 May Instructor: Alexandre
Fee: HK\$750 Deadline: Register by 8th May
SPECIAL EARLY BIRD RATE HK\$600 if paid by 2nd May

INTRODUCTION TO TANGO - 4 week course

Day/Time: MONDAYS 21:00 - 22:00 Dates: 8, 15, 22 & 29 May Instructor: Candy & Anita
Fee: HK\$800 Deadline: Register by 7th May
SPECIAL EARLY BIRD RATE HK\$700 if paid by 1st May

POLE DANCE BEGINNERS - 4 week course

Day/Time: TUESDAYS 14:30 - 15:30 Dates: 2, 9, 16 & 23 May Instructor: Symone
Fee: HK\$1200 Deadline: Register by 1st May
SPECIAL EARLY BIRD RATE HK\$990 if paid by 25th Apr

POLE DANCE BEGINNERS - 4 week course

Day/Time: THURSDAYS 16:30 - 17:30 Dates: 4, 11, 18 & 25 May Instructor: Symone
Fee: HK\$1200 Deadline: Register by 3rd May
SPECIAL EARLY BIRD RATE HK\$990 if paid by 27th Apr

AERIAL HOOP BEGINNERS - 4 week course

Day/Time: SATURDAYS 18:30 - 19:30 Dates: 6, 13, 20 & 27 May Instructor: Pippa
Fee: HK\$1200 Deadline: Register by 5th May
SPECIAL EARLY BIRD RATE HK\$990 if paid by 29th Apr

PRIVATE LESSONS

Once you have grasped the basics, you may want to refine your technique, speed up your learning and ask more specific questions that can only be addressed in private lessons. To arrange, please send an email to info@dancetrinity.com with your request.

LATEST NEWS

THIS MONTH WE ARE ADDING NEW BOLLYWOOD CLASSES WITH BINITA ON MONDAYS AND THURSDAYS, BINITA WILL ALSO BE GIVING NEW FUSION BELLY DANCE CLASSES ON TUESDAYS AND THURSDAYS PLUS JASON IS BRINGING HIS AWESOME AND COOL URBAN DANCE CLASSES TO THE STUDIO ON SATURDAYS!

NEW Fusion Belly Dance classes from Binita every Tuesday and Thursday. Come learn the gorgeous movements of belly dance set to modern music. Each class covers a range of belly dance techniques to help you achieve those serpentine sensuous moves and a new fusion choreography will be taught in each class.



Remember, we're open 365 days a year, even on public holidays and in most typhoon signals. For any scheduled cancellations, please check the holidays section overleaf.

APRIL 2017 - DROP-IN CLASSES – START ANYTIME - NO REGISTRATION NECESSARY!

No need to register in advance, just arrive at the class start time! Class length 50min approx

MONDAY

12:30-13:30	ZUMBA	All Levels	Sandy
18:00-19:00	Bollywood Dance *NEW*	All Levels	Binita
18:00-19:00	Power YOGA	All Levels	Winney
19:00-20:00	CONTEMPORARY JAZZ	Level 1	Justine
19:00-20:00	ZUMBA	All Levels	Sandy
20:00-21:00	CONTEMPORARY JAZZ	Level 2	Justine
20:00-21:00	Adult BALLET	Level 3	Stephen
21:00-22:00	Stretch & Conditioning	All Levels	Sasha

20:00-21:00	HIP HOP - Routine	All Levels	Marco
21:00-22:00	CONTEMPORARY JAZZ	Level 1	Chris
21:00-22:00	Adult BALLET	Level 3	Boniface

12:30-13:30	Adult BALLET	Level 2	Stephen
13:30-14:30	Adult BALLET (Beginners)	Level 1	Stephen
14:30-15:30	ZUMBA	All Levels	Emilie
14:30-15:30	Ballroom - Latin	All Levels	Kelvin
15:30-16:30	Ballroom - Standard	All Levels	Kelvin
15:30-16:30	SALSA Partner work	Level 2	Alexandre
16:30-17:30	SALSA Beginner (Partner & Open work)	Level 1	Sasha
16:30-17:30	SALSA Open work	Level 2	Alexandre
17:30-18:30	SALSA Partner work	Level 3	Alexandre
17:30-18:30	MODERN	All Levels	Joanne
18:30-19:30	SALSA Timing & Musicality 2	Level 2+	Alexandre

TUESDAY

12:00-13:00	Fusion Belly Dance *NEW*	All Levels	Binita
12:00-13:00	ZUMBA	All Levels	Peon
13:00-14:00	Adult BALLET (Beginners)	Level 1	Kay
18:00-19:00	CONTEMPORARY JAZZ	Level 1	Chris
19:00-20:00	ZUMBA	All Levels	Emilie
19:00-20:00	SALSA Body Isolation & Application	All Levels	Sasha
20:00-21:00	BACHATA Beginners	Level 1	Eman
20:00-21:00	SALSA Partner work	Level 2	Alexandre
21:00-22:00	SALSA Open work	Level 2	Sasha

THURSDAY

12:00-13:00	Core Strengthening & Toning	All Levels	Jay
12:00-13:00	ZUMBA	All Levels	Emilie
13:00-14:00	Adult BALLET (Beginners)	Level 1	Kay
14:00-15:00	Fusion Belly Dance *NEW*	All Levels	Binita
18:00-19:00	Bollywood Dance *NEW*	All Levels	Binita
19:00-20:00	ZUMBA	All Levels	Alice
19:00-20:00	Egyptian Belly Dance	All Levels	Shirley
20:00-21:00	Stiletto HEELS	All Levels	Milton
20:00-21:00	Body Movement & Isolation	All Levels	Sasha
21:00-22:00	SALSA Beginner (Partner & Open work)	Level 1	Sasha
21:00-22:00	SALSA Partner work	Level 2	Alexandre

SUNDAY

10:30-11:30	Adult BALLET (Beginners)	Level 1	Boniface
11:30-12:30	Adult BALLET	Level 2	Boniface
12:30-13:30	Stretch and Conditioning	All Levels	Sasha
13:30-15:00	FIT2FITE	All Levels	Stefan
14:30-15:30	JAZZ FUNK	All Levels	Sandy
15:30-16:30	URBAN DANCE *NEW*	All Levels	Jason
15:30-16:30	ZUMBA	All Levels	Sandy
16:30-17:30	SALSA Spinning & Turn Technique	All Levels	Yonnie
16:30-17:30	SALSA Spinning & Turn Technique	Advanced	Alexandre
17:30-18:30	SALSA Beginner (Partner & Open work)	Level 1	Yonnie
17:30-18:30	SALSA Partner work	Level 2	Alexandre
18:30-19:30	SALSA Timing & Musicality 1	Level 2+	Yonnie
18:30-19:30	BACHATA	Level 2	Eman
19:30-20:30	BACHATA Beginners	Level 1	Eman

WEDNESDAY

12:00-13:00	ZUMBA	All Levels	Sandy
13:00-14:00	JAZZ FUNK	All Levels	Sandy
13:00-14:00	SALSA Beginners (Partner & Open work)	Level 1	Yonnie
18:00-19:00	Detox YOGA	All Levels	Winney
19:00-20:00	HIP HOP - Foundation	All Levels	Marco
19:00-20:00	Adult BALLET (Beginners)	Level 1	Boniface
20:00-21:00	Adult BALLET	Level 2	Boniface

FRIDAY

12:30-13:30	ZUMBA	All Levels	Sandy
13:30-14:30	Core Strengthening & Toning	All Levels	Jay
19:00-20:00	SALSA Beginner (Partner & Open work)	All Levels	Alexandre
19:00-20:00	SALSA Open work	Level 2	Yonnie
20:00-21:00	SALSA Partner work	Level 2	Alexandre
20:00-21:00	SALSA Open work	Level 3	Yonnie
21:00-22:00	SALSA Partner work	Level 3	Alexandre

18:30-19:30	SALSA Timing & Musicality 1	Level 2+	Yonnie
18:30-19:30	BACHATA	Level 2	Eman
19:30-20:30	BACHATA Beginners	Level 1	Eman



CONTEMPORARY



YOGA

DROP-IN CLASSES – BY TYPE

BACHATA

Level 1	Tuesdays	20:00-21:00	Eman
Level 1	Sundays	19:30-20:30	Eman
Level 2	Sundays	18:30-19:30	Eman

BALLET - ADULTS

Level 1	Tuesdays	13:00-14:00	Kay
Level 1	Wednesdays	19:00-20:00	Boniface
Level 1	Thursdays	13:00-14:00	Kay
Level 1	Saturdays	13:30-14:30	Stephen
Level 1	Sundays	10:30-11:30	Boniface
Level 2	Wednesdays	20:00-21:00	Boniface
Level 2	Saturdays	12:30-13:30	Stephen
Level 2	Sundays	11:30-12:30	Boniface
Level 3	Mondays	20:00-21:00	Stephen
Level 3	Wednesdays	21:00-22:00	Boniface

BALLROOM - LATIN AMERICAN

All Levels	Saturdays	14:30-15:30	Kelvin
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BALLROOM - STANDARD

All Levels	Saturdays	15:30-16:30	Kelvin
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BELLY DANCE

Fusion	All Levels	Tue	12:00	*NEW*	Binita
Fusion	All Levels	Thu	14:00	*NEW*	Binita
Egyptian	All Levels	Thu	19:00		Shirley

BODY MOVEMENT & ISOLATION

All Levels	Thursdays	20:00-21:00	Sasha
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BOLLYWOOD DANCE

All Levels	Mondays	18:00-19:00	*NEW*	Binita
All Levels	Thursdays	18:00-19:00	*NEW*	Binita

CONTEMPORARY JAZZ

Level 1	Mondays	19:00-20:00	Justine
Level 1	Tuesdays	18:00-19:00	Chris
Level 1	Wednesdays	21:00-22:00	Chris
Level 2	Mondays	20:00-21:00	Justine

CORE STRENGTHENING & TONING

All Levels	Thursdays	12:00-13:00	Jay
All Levels	Fridays	13:30-14:30	Jay
All Levels	Saturdays	11:30-12:30	Jay

FIT2FITE

All Levels	Sundays	13:30-15:00	Stefan
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HIP HOP

Foundation	All Levels	Wed	19:00	Marco
Routine	All Levels	Wed	20:00	Marco

JAZZ FUNK

All Levels	Wednesdays	13:00-14:00	Sandy
All Levels	Sundays	14:30-15:30	Sandy

MODERN - Contemporary

All Levels	Saturdays	17:30-18:30	Joanne
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SALSA

Beginner (Partner & Open work)	Level 1	Wed	13:00	Yonnie
Beginner (Partner & Open work)	Level 1	Thu	21:00	Sasha
Beginner (Partner & Open work)	Level 1	Fri	19:00	Alexandre
Beginner (Partner & Open work)	Level 1	Sat	16:30	Sasha
Beginner (Partner & Open work)	Level 1	Sun	17:30	Yonnie
Partner work	Level 2	Tue	20:00	Alexandre
Partner work	Level 2	Thu	21:00	Alexandre
Partner work	Level 2	Fri	20:00	Alexandre
Partner work	Level 2	Sat	15:30	Alexandre
Partner work	Level 2	Sun	17:30	Alexandre
Partner work	Level 3	Fri	21:00	Alexandre

Partner work	Level 3	Sat	17:30	Alexandre
Open work	Level 2	Tue	21:00	Sasha
Open work	Level 2	Fri	19:00	Yonnie
Open work	Level 2	Sat	16:30	Alexandre
Open work	Level 3	Fri	20:00	Yonnie
Timing & Musicality 1	Level 2+	Sun	18:30	Yonnie
Timing & Musicality 2	Level 2+	Sat	18:30	Alexandre
Spinning & Turn Technique	All Levels	Sun	16:30	Yonnie
Spinning & Turn Technique	Advanced	Sun	16:30	Alexandre
Body Isolation & Application	All Levels	Tue	19:00	Sasha

STILETTO HEELS

All Levels	Thursdays	20:00-21:00	Milton
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STRETCH AND CONDITIONING

All Levels	Mondays	21:00-22:00	Sasha
All Levels	Sundays	12:30-13:30	Sasha

URBAN DANCE ***NEW***

All Levels	Sundays	15:30-16:30	Jason
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YOGA

Power Yoga	All Levels	Mon	18:00	Winney
Detox Yoga	All Levels	Wed	18:00	Winney
Hatha Yoga	All Levels	Sat	11:30	Winney

ZUMBA

All Levels	Mondays	12:30-13:30	Sandy
All Levels	Mondays	19:00-20:00	Sandy
All Levels	Tuesdays	12:00-13:00	Peon
All Levels	Tuesdays	19:00-20:00	Emilie
All Levels	Wednesdays	12:00-13:00	Sandy
All Levels	Thursdays	12:00-13:00	Emilie
All Levels	Thursdays	19:00-20:00	Alice
All Levels	Fridays	12:30-13:30	Sandy
All Levels	Saturdays	14:30-15:30	Emilie
All Levels	Sundays	15:30-16:30	Sandy

SCHEDULED HOLIDAYS & CANCELLATIONS

Classes listed below are cancelled.
All other classes are running normally even during public holidays.

2nd Apr	3:30pm	No Urban Dance	16th Apr	6:30pm	No Bachata
4th Apr	1pm	No Ballet		7:30pm	No Bachata
12th Apr	12pm	No Zumba	20th Apr	8pm	No Stiletto Heels
15th Apr	2:30pm	No Latin Ballroom	30th Apr	6:30pm	No Bachata
	3:30pm	No Standard Ballroom		7:30pm	No Bachata

This schedule is subject to change, for up-to-date class info always check www.dancetrinity.com

DISCLAIMER

Student understands and expressly assumes all risks involved in connection with dance instruction, rehearsal or other training at DANCETRINITY, including, but not limited to risk of bodily injury arising as a result of contact with other students, instructors, walls, equipment, floors, structural objects and other objects located in or near the dance studio or the Student's physical condition or physical limitations. Student waives all claims arising out of dance instruction, rehearsal or other training and performances at DANCETRINITY whether caused by negligence, breach of contract or otherwise and whether for bodily injury, property, damage or loss or otherwise which Student may ever have against DANCETRINITY, its successors and assigns and its officers, directors, employees and agents.

DROP IN RATES & SPECIAL OFFERS

Passes can be used to access all classes from our walk-in schedule. Mix and match or focus on one style, the choice is yours!

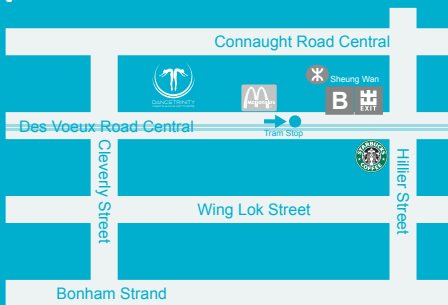
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
ADULT	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
Under 21 (with ID)	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

*Discount pass expiry dates start from date of purchase. Passes are only valid for walk-in classes not courses. Terms and conditions apply, please see your pass for details.

UNDER 21 SPRING SPECIAL

Above prices are shown discounted 20% off for Under 21's for Spring/Summer!!

LOCATION



Sheung Wan MTR Exit B - turn right, walk 15 seconds

 +(852) 9634 9770

 info@dancetrinity.com

 [facebook.com/dancetrinityhk](https://www.facebook.com/dancetrinityhk)

8/F Fung Woo Centre,
279-281 Des Voeux Road Central