



DANCETRINITY  
inspire evolve participate

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May 2017  
studio class schedule

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[www.dancetrinity.com](http://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: 6, 13, 20 & 27 June    Instructor: Alexandre  
Fee: HK\$750    Deadline: Register by 5th June  
**\*SPECIAL\* EARLY BIRD RATE HK\$600 if paid by 31st May**

### INTRODUCTION TO TANGO - 3 week course

Day/Time: MONDAYS 21:00 - 22:00    Dates: 5, 12 & 26 June    Instructor: Candy & Anita  
Fee: HK\$600    Deadline: Register by 4th June  
**\*SPECIAL\* EARLY BIRD RATE HK\$500 if paid by 29th May**

### POLE DANCE BEGINNERS - 4 week course

Day/Time: TUESDAYS 14:30 - 15:30    Dates: -    Instructor: Symone  
Fee: -    Deadline: -  
**\*SPECIAL\* This class is currently on the walk-in schedule temporarily for a special promotion period.**

### POLE DANCE BEGINNERS - 4 week course

Day/Time: THURSDAYS 16:30 - 17:30    Dates: 1, 8, 15 & 22 June    Instructor: Symone  
Fee: HK\$1200    Deadline: Register by 31st May  
**\*SPECIAL\* EARLY BIRD RATE HK\$990 if paid by 25th May**

### AERIAL HOOP BEGINNERS - 4 week course

Day/Time: SATURDAYS 18:30 - 19:30    Dates: -    Instructor: Pippa  
Fee: -    Deadline: -  
**\*SPECIAL\* This class is currently on the walk-in schedule temporarily for a special promotion period.**

## 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](mailto:info@dancetrinity.com) with your request.

## LATEST NEWS

THIS MONTH WE ARE HAPPY TO ADD THREE NEW INSTRUCTORS TO THE FACULTY, BENNY TEACHING CONTEMPORARY JAZZ ON MONDAYS, KINGSAN TEACHING MODERN CONTEMPORARY ON THURSDAYS AND YOLA TEACHING JAZZ FUNK AND HIP HOP ON MONDAYS AND FRIDAYS!

FOR A LIMITED PERIOD Aerial Hoop on Saturdays and Pole Dance on Tuesdays will be on the walk-in schedule instead of the courses section. Take advantage of the greatly reduced fees and try these two excellent instructors and learn some amazing tricks.



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.

# MAY 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	HIP HOP - Routine <b>*NEW*</b>	All Levels	Yola
19:00-20:00	CONTEMPORARY JAZZ	Level 1	Benny
19:00-20:00	ZUMBA	All Levels	Sandy
20:00-21:00	CONTEMPORARY JAZZ	Level 2	Benny
20:00-21:00	Adult BALLET	Level 3	Stephen
21:00-22:00	Stretch & Conditioning	All Levels	Sasha

21:00-22:00	CONTEMPORARY JAZZ	Level 1	Chris
21:00-22:00	Adult BALLET	Level 3	Boniface

11:30-12:30	Hatha YOGA	All Levels	Winney
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
18:30-19:30	Aerial Hoop (Beginners) <b>*NEW*</b>	Level 1	Pippa

## TUESDAY

12:00-13:00	Fusion Belly Dance	All Levels	Binita
12:00-13:00	ZUMBA	All Levels	Peon
13:00-14:00	Adult BALLET (Beginners)	Level 1	Kay
14:30-15:30	Pole Dance (Beginners) <b>*NEW*</b>	Level 1	Symone
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
18:00-19:00	Bollywood Dance	All Levels	Binita
18:00-19:00	MODERN <b>*NEW*</b>	Level 1	Kingsan
19:00-20:00	ZUMBA	All Levels	Alice
19:00-20:00	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	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
20:00-21:00	HIP HOP - Routine	All Levels	Marco

## FRIDAY

12:30-13:30	ZUMBA	All Levels	Sandy
13:30-14:30	Core Strengthening & Toning	All Levels	Jay
17:00-18:00	JAZZ FUNK <b>*NEW*</b>	All Levels	Yola
18:00-19:00	HIP HOP - Routine <b>*NEW*</b>	All Levels	Yola
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



## DROP-IN CLASSES – BY TYPE

### AERIAL HOOP **\*NEW\***

Level 1	Saturdays	18:30-19:30	Pippa
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Level 1	Wednesdays	21:00-22:00	Chris
Level 2	Mondays	20:00-21:00	Benny

Partner work	Level 2	Sat	15:30	Alexandre
Partner work	Level 2	Sun	17:30	Alexandre
Partner work	Level 3	Fri	21:00	Alexandre
Open 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

### 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

### 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

### STILETTO HEELS

All Levels	Thursdays	20:00-21:00	Milton
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### 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

### FIT2FITE

All Levels	Sundays	13:30-15:00	Stefan
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### STRETCH AND CONDITIONING

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

### BALLROOM - LATIN AMERICAN

All Levels	Saturdays	14:30-15:30	Kelvin
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### HIP HOP

Foundation	All Levels	Wed	19:00	Marco
Routine	All Levels	Mon	18:00 <b>*NEW*</b>	Yola
Routine	All Levels	Wed	20:00	Marco
Routine	All Levels	Fri	18:00 <b>*NEW*</b>	Yola

### URBAN DANCE

All Levels	Sundays	15:30-16:30	Jason
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### BALLROOM - STANDARD

All Levels	Saturdays	15:30-16:30	Kelvin
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### JAZZ FUNK

All Levels	Wednesdays	13:00-14:00	Sandy
All Levels	Fridays	17:00-18:00 <b>*NEW*</b>	Yola
All Levels	Sundays	14:30-15:30	Sandy

### YOGA

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

### BELLY DANCE

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

### MODERN - Contemporary

All Levels	Thursdays	18:00-19:00 <b>*NEW*</b>	Kingsan
All Levels	Saturdays	17:30-18:30	Joanne

### POLE DANCE **\*NEW\***

Level 1	Tuesdays	14:30-15:30	Symone
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### ZUMBA

All Levels	Monday	12:30-13:30	Sandy
All Levels	Monday	19:00-20:00	Sandy
All Levels	Tuesday	12:00-13:00	Peon
All Levels	Tuesday	19:00-20:00	Emilie
All Levels	Wednesday	12:00-13:00	Sandy
All Levels	Thursday	12:00-13:00	Emilie
All Levels	Thursday	19:00-20:00	Alice
All Levels	Friday	12:30-13:30	Sandy
All Levels	Saturday	14:30-15:30	Emilie
All Levels	Sunday	15:30-16:30	Sandy

### BODY MOVEMENT & ISOLATION

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

All Levels	Thursdays	18:00-19:00	Binita
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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

### CONTEMPORARY JAZZ

Level 1	Monday	19:00-20:00	Benny
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## SCHEDULED HOLIDAYS & CANCELLATIONS

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

2nd May	12pm	No Fusion Belly Dance	11th May	6pm	No Bollywood
4th May	6pm	No Bollywood	19th May	9pm	No Salsa Level 3
6th May	2:30pm	No Latin and Standard Ballroom	23rd May	1pm	No Ballet
7th May	1:30pm	No FIT2FITE	28th May	1:30pm	No FIT2FITE
9th May	12pm	No Fusion Belly Dance	30th May	2:30pm	No Pole Dance

This schedule is subject to change, for up-to-date class info always check [www.dancetrinity.com](http://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!

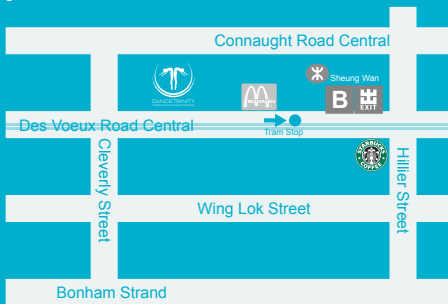
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
<b>ADULT</b>	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
<b>Under 21 (with ID)</b>	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

\*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

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