



DANCETRINITY  
inspire evolve participate

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July 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: 1, 8, 15 & 22 August    Instructor: Alexandre  
Fee: HK\$750    Deadline: Register by 31st July  
**\*SPECIAL\* EARLY BIRD RATE HK\$600 if paid by 25th July**

### INTRODUCTION TO TANGO - 4 week course

Day/Time: MONDAYS 21:00 - 22:00    Dates: 7, 14, 21 & 28 August    Instructor: Candy & Anita  
Fee: HK\$800    Deadline: Register by 6th August  
**\*SPECIAL\* EARLY BIRD RATE HK\$700 if paid by 31st July**

### 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: 3, 10, 17 & 24 August    Instructor: Symone  
Fee: HK\$1200    Deadline: Register by 2nd August  
**\*SPECIAL\* EARLY BIRD RATE HK\$990 if paid by 27th July**

### 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 HAVE BOLLYWOOD DANCE ON SUNDAY AFTERNOONS WITH BINITA AND CONTEMPORARY POLE CLASSES MOVE TO TUESDAY EVENINGS. SOME CHANGES TO THE SALSA SCHEDULE AND COURSES FOR POLE DANCE (TUESDAYS) AND AERIAL HOOP (SATURDAYS) ARE STILL AVAILABLE AS DROP IN CLASSES FOR JUST THE REGULAR WALK-IN RATE!

Binita's Bollywood dance class on Thursday evenings has been so popular, we're adding another class on Sundays at 1:30pm. If you've never tried Bollywood before, you're missing out! Get to her class and check out her funky moves synched to the best Bollywood hits!



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.

# JULY 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. Schedule subject to change. For up to date listing see [www.dancetrinity.com](http://www.dancetrinity.com)

MONDAY			THURSDAY			SUNDAY		
12:30-13:30	ZUMBA	All Levels Sandy	20:00-21:00	Adult BALLET	Level 2 Boniface	13:30-14:30	Adult BALLET (Beginners)	Level 1 Stephen
13:00-14:00	MODERN	Level 1 Antony	20:00-21:00	HIP HOP - Routine	All Levels Marco	14:30-15:30	ZUMBA	All Levels Sandy
18:00-19:00	Aerial Yoga	All Levels Winney	21:00-22:00	Adult BALLET	Level 3 Boniface	14:30-15:30	Ballroom - Latin	All Levels Kelvin
19:00-20:00	CONTEMPORARY JAZZ	Level 1 Benny	<b>THURSDAY</b>			15:30-16:30	Ballroom - Standard	All Levels Kelvin
19:00-20:00	ZUMBA	All Levels Sandy	13:00-14:00	Adult BALLET (Beginners)	Level 1 Kay	16:30-17:30	SALSA Partner work	Level 2 Alexandre
20:00-21:00	CONTEMPORARY JAZZ	Level 2 Benny	18:00-19:00	Bollywood Dance	All Levels Binita	16:30-17:30	SALSA Beginner (Partner & Open work)	Level 1 Sasha
20:00-21:00	Adult BALLET	Level 3 Stephen	18:00-19:00	MODERN	Level 1 Kingsan	17:30-18:30	SALSA Open work	Level 2 Alexandre
21:00-22:00	Stretch & Conditioning	All Levels Sasha	19:00-20:00	ZUMBA	All Levels Alice	17:30-18:30	MODERN	Level 3 Alexandre
<b>TUESDAY</b>			19:00-20:00	Belly Dance	All Levels Shirley	18:30-19:30	SALSA Timing & Musicality 2	All Levels Joanne
13:00-14:00	Adult BALLET (Beginners)	Level 1 Kay	20:00-21:00	HIP HOP - Foundation	All Levels Yola	18:30-19:30	Aerial Hoop (Beginners)	Level 2+ Alexandre
14:30-15:30	Pole Dance (Beginners)	Level 1 Symone	20:00-21:00	Body Movement & Isolation	All Levels Sasha	<b>SUNDAY</b>		
18:00-19:00	Stiletto HEELS	All Levels Milton	21:00-22:00	SALSA Beginner (Partner & Open work)	Level 1 Sasha	10:30-11:30	Adult BALLET (Beginners)	Level 1 Boniface
18:00-19:00	Contemporary POLE DANCE <b>*NEW*</b>	All Levels Antony	21:00-22:00	SALSA Partner work	Level 2 Alexandre	11:30-12:30	Adult BALLET	Level 2 Boniface
19:00-20:00	ZUMBA	All Levels Emilie	<b>FRIDAY</b>			12:30-13:30	Stretch and Conditioning	All Levels Sasha
19:00-20:00	SALSA Body Isolation & Application	All Levels Sasha	12:30-13:30	ZUMBA	All Levels Sandy	13:30-14:30	Bollywood Dance <b>*NEW*</b>	All Levels Binita
20:00-21:00	BACHATA Beginners	Level 1 Eman	18:00-19:00	HIP HOP - Routine	All Levels Yola	13:30-15:00	FIT2FITE	All Levels Stefan
20:00-21:00	SALSA Partner work	Level 2 Alexandre	18:00-19:00	Stiletto HEELS	All Levels Milton	14:30-15:30	JAZZ FUNK	All Levels Sandy
21:00-22:00	SALSA Open work	Level 2 Sasha	19:00-20:00	SALSA Beginner (Partner & Open work)	All Levels Alexandre	15:30-16:30	URBAN DANCE	All Levels Jason
<b>WEDNESDAY</b>			19:00-20:00	SALSA Open work	Level 2 Sasha	15:30-16:30	ZUMBA	All Levels Sandy
12:00-13:00	ZUMBA	All Levels Sandy	20:00-21:00	SALSA Partner work	Level 2 Alexandre	16:30-17:30	SALSA Spinning & Turn Technique	All Levels Alexandre
13:00-14:00	JAZZ FUNK	All Levels Sandy	20:00-21:00	SALSA Open work	Level 3 Sasha	17:30-18:30	SALSA Beginner (Partner & Open work)	Level 1 Sasha
13:00-14:00	SALSA Beginners (Partner & Open work)	Level 1 Alexandre	21:00-22:00	SALSA Partner work	Level 3 Alexandre	17:30-18:30	SALSA Partner work	Level 2 Alexandre
18:00-19:00	Detox YOGA	All Levels Winney	<b>SATURDAY</b>			18:30-19:30	SALSA Timing & Musicality 1	Level 2+ Alexandre
18:00-19:00	CONTEMPORARY JAZZ	Level 1 Antony	11:30-12:30	Core Strengthening & Toning	All Levels Jay	18:30-19:30	BACHATA	Level 2 Eman
19:00-20:00	HIP HOP - Foundation	All Levels Marco	11:30-12:30	Hatha YOGA	All Levels Winney	19:30-20:30	BACHATA Beginners	Level 1 Eman
19:00-20:00	Adult BALLET (Beginners)	Level 1 Boniface	12:30-13:30	Adult BALLET	Level 2 Stephen			



## DROP-IN CLASSES – BY TYPE

BACHATA				CORE STRENGTHENING & TONING				PARTNER WORK							
Level 1	Tuesdays	20:00-21:00	Eman	All Levels	Saturdays	11:30-12:30	Jay	Partner work	Level 2	Sun	17:30	Alexandre			
Level 1	Sundays	19:30-20:30	Eman					Partner work	Level 3	Fri	21:00	Alexandre			
Level 2	Sundays	18:30-19:30	Eman					Partner work	Level 3	Sat	17:30	Alexandre			
<b>BALLET - ADULTS</b>				<b>FIT2FITE</b>				Open work							
Level 1	Tuesdays	13:00-14:00	Kay	All Levels	Sundays	13:30-15:00	Stefan	Open work	Level 2	Tue	21:00	Sasha			
Level 1	Wednesdays	19:00-20:00	Boniface					Open work	Level 2	Fri	19:00	Sasha			
Level 1	Thursdays	13:00-14:00	Kay					Open work	Level 2	Sat	16:30	Alexandre			
Level 1	Saturdays	13:30-14:30	Stephen					Open work	Level 3	Fri	20:00	Sasha			
Level 1	Sundays	10:30-11:30	Boniface					Timing & Musicality 1	Level 2+	Sun	18:30	Alexandre			
Level 2	Wednesdays	20:00-21:00	Boniface					Timing & Musicality 2	Level 2+	Sat	18:30	Alexandre			
Level 2	Saturdays	12:30-13:30	Stephen					Spinning & Turn Technique	All Levels	Sun	16:30	Alexandre			
Level 2	Sundays	11:30-12:30	Boniface					Body Isolation & Application	All Levels	Tue	19:00	Sasha			
Level 3	Mondays	20:00-21:00	Stephen					<b>STILETTO HEELS</b>							
Level 3	Wednesdays	21:00-22:00	Boniface					All Levels	Tuesdays	18:00-19:00	Milton				
<b>BALLROOM</b>				<b>MODERN - Contemporary</b>				All Levels							
Latin American	All Levels	Sat	14:30	All Levels	Mondays	13:00-14:00	Antony	All Levels	Fridays	18:00-19:00	Milton				
Standard	All Levels	Sat	15:30	All Levels	Thursdays	18:00-19:00	Kingsan	<b>STRETCH AND CONDITIONING</b>							
				All Levels	Saturdays	17:30-18:30	Joanne	All Levels	Mondays	21:00-22:00	Sasha				
<b>BELLY DANCE</b>				<b>JAZZ FUNK</b>				All Levels							
Egyptian	All Levels	Thu	19:00	All Levels	Wednesdays	13:00-14:00	Sandy	All Levels	Sundays	12:30-13:30	Sasha				
				All Levels	Sundays	14:30-15:30	Sandy	<b>URBAN DANCE</b>							
<b>BODY MOVEMENT &amp; ISOLATION</b>				<b>HIP HOP</b>				All Levels							
All Levels	Thursdays	20:00-21:00	Sasha	Foundation	All Levels	Wed	19:00	Marco	All Levels	Sundays	15:30-16:30	Jason			
				Foundation	All Levels	Thu	20:00	Yola	<b>YOGA</b>						
				Routine	All Levels	Wed	20:00	Marco	Aerial Yoga	All Levels	Mon	18:00	Winney		
				Routine	All Levels	Fri	18:00	Yola	Detox Yoga	All Levels	Wed	18:00	Winney		
<b>BOLLYWOOD DANCE</b>				<b>JAZZ FUNK</b>				All Levels							
All Levels	Thursdays	18:00-19:00	Binita	All Levels	Wednesdays	13:00-14:00	Sandy	All Levels	Fridays	18:00-19:00	Milton				
All Levels	Sundays	13:30-14:30	Binita	All Levels	Sundays	14:30-15:30	Sandy	<b>STRETCH AND CONDITIONING</b>							
				<b>MODERN - Contemporary</b>				All Levels							
				All Levels	Mondays	13:00-14:00	Antony	All Levels	Mondays	21:00-22:00	Sasha				
				All Levels	Thursdays	18:00-19:00	Kingsan	All Levels	Sundays	12:30-13:30	Sasha				
				All Levels	Saturdays	17:30-18:30	Joanne	<b>URBAN DANCE</b>							
<b>CONTEMPORARY JAZZ</b>				<b>POLE DANCE &amp; HOOP</b>				All Levels							
Level 1	Mondays	19:00-20:00	Benny	Pole Dance Beginners	Level 1	Tue	14:30	Symone	All Levels	Sundays	15:30-16:30	Jason			
Level 2	Mondays	20:00-21:00	Benny	Contemporary Pole <b>*NEW*</b>	All Levels	Tue	18:00	Antony	<b>YOGA</b>						
Level 1	Wednesdays	18:00-19:00	Antony	Aerial Hoop Beginners	Level 1	Sat	18:30	Pippa	Aerial Yoga	All Levels	Mon	18:00	Winney		
				<b>SALSA</b>				All Levels							
				Beginner (Partner & Open work)	Level 1	Wed	13:00	Alexandre	Detox Yoga	All Levels	Wed	18:00	Winney		
				Beginner (Partner & Open work)	Level 1	Thu	21:00	Sasha	Hatha Yoga	All Levels	Sat	11:30	Winney		
				Beginner (Partner & Open work)	Level 1	Fri	19:00	Alexandre	<b>ZUMBA</b>						
				Beginner (Partner & Open work)	Level 1	Sat	16:30	Sasha	All Levels	Mondays	12:30-13:30	Sandy			
				Beginner (Partner & Open work)	Level 1	Sun	17:30	Sasha	All Levels	Mondays	19:00-20:00	Sandy			
				Partner work	Level 1	Sat	16:30	Sasha	All Levels	Tuesdays	19:00-20:00	Emilie			
				Partner work	Level 1	Sun	17:30	Sasha	All Levels	Wednesdays	12:00-13:00	Sandy			
				Partner work	Level 2	Tue	20:00	Alexandre	All Levels	Thursdays	19:00-20:00	Alice			
				Partner work	Level 2	Thu	21:00	Alexandre	All Levels	Fridays	12:30-13:30	Sandy			
				Partner work	Level 2	Fri	20:00	Alexandre	All Levels	Saturdays	14:30-15:30	Sandy			
				Partner work	Level 2	Sat	15:30	Alexandre	All Levels	Sundays	15:30-16:30	Sandy			

## SCHEDULED HOLIDAYS & CANCELLATIONS

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

1st July	2:30pm	No Latin Ballroom	13th July	6pm	No Bollywood Dance
	3:30pm	No Standard Ballroom	16th July	1:30pm	No Bollywood Dance
2nd July	3:30pm	No Urban Dance	18th July	1pm	No Ballet
6th July	2:30pm	No Pole Dance	20th July	6pm	No Modern and
8th July	2:30pm	No Latin Ballroom			No Bollywood Dance
	3:30pm	No Standard Ballroom	25th July	1pm	No Ballet
9th July	1:30pm	No FIT2FITE and Bollywood Dance			

## 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.

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

# 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!

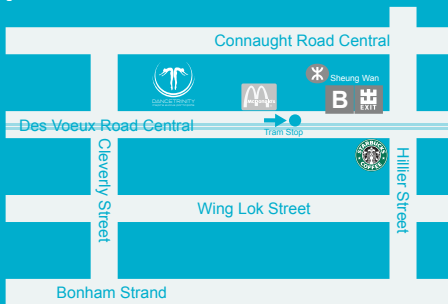
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
<b>ADULT</b>	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
<b>Under 21 (with ID)</b>	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

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

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