



DANCETRINITY
inspire evolve participate

August 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: 5, 12, 19 & 26 Sept Instructor: Alexandre
Fee: HK\$750 Deadline: Register by 4th Sept
SPECIAL EARLY BIRD RATE HK\$600 if paid by 29th August

INTRODUCTION TO TANGO - 4 week course

Day/Time: MONDAYS 21:00 - 22:00 Dates: 4, 11, 18 & 25 Sept Instructor: Candy & Anita
Fee: HK\$800 Deadline: Register by 3rd Sept
SPECIAL EARLY BIRD RATE HK\$700 if paid by 28th August

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: 7, 14, 21 & 28 Sept Instructor: Symone
Fee: HK\$1200 Deadline: Register by 6th Sept
SPECIAL EARLY BIRD RATE HK\$990 if paid by 31st August

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 with your request.

LATEST NEWS

THIS MONTH WE WELCOME CAROL WU TO THE FACULTY. CAROL WILL BE TEACHING ZUMBA ON SATURDAY AFTERNOONS. YOLA ADDS MORE JAZZ FUNK AND HIP HOP CLASSES ON FRIDAYS AND SATURDAYS AND COURSES FOR POLE DANCE (TUESDAYS) AND AERIAL HOOP (SATURDAYS) ARE STILL AVAILABLE AS DROP IN CLASSES FOR JUST THE REGULAR WALK-IN RATE!

What is Urban Dance? Jason Fung adds three more sessions of his popular Urban Dance class on Tuesdays, Fridays and Saturdays in addition to his usual Sunday slot. Influenced by the rhythms and techniques of funk and hip hop, fusing locking, popping and b-boy elements with style and energy. Check it out!



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.

AUGUST 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

MONDAY			
12:30-13:30	ZUMBA	All Levels	Sandy
18:00-19:00	Aerial Yoga	All Levels	Winney
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

TUESDAY			
13:00-14:00	Adult BALLET (Beginners)	Level 1	Kay
14:30-15:30	Pole Dance (Beginners)	Level 1	Symone
18:00-19:00	Stiletto HEELS	All Levels	Milton
18:00-19:00	URBAN DANCE *NEW*	All Levels	Jason
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

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	Alexandre
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
21:00-22:00	Adult BALLET	Level 3	Boniface

THURSDAY			
13:00-14:00	Adult BALLET (Beginners)	Level 1	Kay
18:00-19:00	Bollywood Dance	All Levels	Binita/Alisha
18:00-19:00	MODERN	Level 1	Kingsan
19:00-20:00	ZUMBA	All Levels	Alice
19:00-20:00	Belly Dance	All Levels	Shirley
20:00-21:00	HIP HOP - Foundation	All Levels	Yola
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

FRIDAY			
12:30-13:30	ZUMBA	All Levels	Sandy
17:00-18:00	JAZZ FUNK *NEW*	All Levels	Yola
18:00-19:00	HIP HOP - Routine	All Levels	Yola
18:00-19:00	Stiletto HEELS	All Levels	Milton
19:00-20:00	SALSA Beginner (Partner & Open work)	All Levels	Alexandre
19:00-20:00	SALSA Open work	Level 2	Sasha
20:00-21:00	SALSA Partner work	Level 2	Alexandre
20:00-21:00	SALSA Open work	Level 3	Sasha
21:00-22:00	SALSA Partner work	Level 3	Alexandre
21:00-22:00	URBAN DANCE *NEW*	All Levels	Jason

SATURDAY			
11:30-12:30	Core Strengthening & Toning	All Levels	Jay
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 *NEW*	All Levels	Carol

14:30-15:30	Ballroom - Latin	All Levels	Kelvin
15:30-16:30	Ballroom - Standard	All Levels	Kelvin
16:30-17:30	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
18:30-19:30	SALSA Timing & Musicality 2	Level 2+	Alexandre
18:30-19:30	Aerial Hoop (Beginners)	Level 1	Pippa
19:30-20:30	URBAN DANCE *NEW*	All Levels	Jason

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
13:30-14:30	Bollywood Dance	All Levels	Binita
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	HIP HOP - Foundation *NEW*	All Levels	Yola
16:30-17:30	SALSA Spinning & Turn Technique	All Levels	Alexandre
17:30-18:30	SALSA Beginner (Partner & Open work)	Level 1	Sasha
17:30-18:30	SALSA Partner work	Level 2	Alexandre
18:30-19:30	SALSA Timing & Musicality 1	Level 2+	Alexandre
18:30-19:30	BACHATA	Level 2	Eman
19:30-20:30	BACHATA Beginners	Level 1	Eman



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	Sat	14:30
Standard	All Levels	Sat	15:30

BELLY DANCE			
Egyptian	All Levels	Thu	19:00

BODY MOVEMENT & ISOLATION			
All Levels	Thursdays	20:00-21:00	Sasha

BOLLYWOOD DANCE			
All Levels	Thursdays	18:00-19:00	Binita/Alisha
All Levels	Sundays	13:30-14:30	Binita

CONTEMPORARY JAZZ			
Level 1	Mondays	19:00-20:00	Benny
Level 2	Mondays	20:00-21:00	Benny

CORE STRENGTHENING & TONING			
All Levels	Saturdays	11:30-12:30	Jay

FIT2FITE			
All Levels	Sundays	13:30-15:00	Stefan

HIP HOP			
Foundation	All Levels	Wed	19:00
Foundation	All Levels	Thu	20:00
Foundation	All Levels	Sun	16:30 *NEW*
Routine	All Levels	Wed	20:00
Routine	All Levels	Fri	18:00

JAZZ FUNK			
All Levels	Wednesdays	13:00-14:00	Sandy
All Levels	Fridays	17:00-18:00	Yola
All Levels	Sundays	14:30-15:30	Sandy

MODERN - Contemporary			
All Levels	Thursdays	18:00-19:00	Kingsan

POLE DANCE & HOOP			
Pole Dance Beginners	Level 1	Tue	14:30
Aerial Hoop Beginners	Level 1	Sat	18:30

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

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

STILETTO HEELS			
All Levels	Tuesdays	18:00-19:00	Milton
All Levels	Fridays	18:00-19:00	Milton

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

URBAN DANCE			
All Levels	Tuesdays	18:00-19:00	*NEW* Jason
All Levels	Fridays	21:00-22:00	*NEW* Jason
All Levels	Saturdays	19:30-20:30	*NEW* Jason
All Levels	Sundays	15:30-16:30	Jason

YOGA			
Aerial Yoga	All Levels	Mon	18:00
Detox Yoga	All Levels	Wed	18:00
Hatha Yoga	All Levels	Sat	11:30

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

SCHEDULED HOLIDAYS & CANCELLATIONS

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

8th Aug	6pm	No Urban Dance	21st Aug	9pm	No Ballet
12th Aug	7:30pm	No Urban Dance	25th Aug	5pm	No Jazz Funk
13th Aug	1:30pm	No Bollywood		6pm	No Hip Hop
20th Aug	1:30pm	No Bollywood	27th Aug	1:30pm	No Bollywood
			31st Aug	6pm	No Modern

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

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!

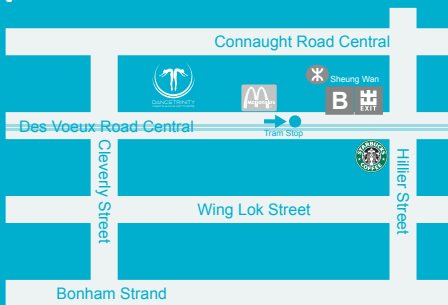
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
ADULT	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
Under 21 (with ID)	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

*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 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

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 info@dancetrinity.com

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

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