



DANCETRINITY  
inspire evolve participate

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January 2018  
studio class schedule

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[www.dancetrinity.com](http://www.dancetrinity.com)

## STRETCH & CONDITIONING



## HAPPY NEW YEAR 2018!!!

KEEP THE PARTY GOING AND START THE NEW YEAR WITH SOME AWESOME NEW CLASSES. THIS MONTH WE ARE ADDING A NEW BOLLYWOOD PERFORMANCE COURSE ON SUNDAYS AND NEW BOLLYFIT CLASS ON WEDNESDAY LUNCHTIME FROM BINITA. BACHATA LADIES HAVE A NEW LADIES STYLING CLASS ON FRIDAY EVENINGS FROM EMAN AND THERE IS NEW MODERN CONTEMPORARY CLASS ON WEDNESDAY EVENING FROM FEDERICA. CHECK THEM OUT!

## 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 Feb    Instructor: Alexandre  
Fee: HK\$750    Deadline: Register by 5th Feb  
\*SPECIAL\* EARLY BIRD RATE HK\$600 if paid by 30th Jan

### INTRODUCTION TO TANGO - 4 week course

Day/Time: MONDAYS 21:00 - 22:00    Dates: 5, 12, 19 & 26 Mar    Instructor: Candy & Anita  
Fee: HK\$800    Deadline: Register by 4th Mar  
\*SPECIAL\* EARLY BIRD RATE HK\$700 if paid by 26th Feb

### BOLLYWOOD DANCE PERFORMANCE COURSE - 4 week course

Day/Time: SUNDAYS 12:30 - 13:30    Dates: 4, 11, 18 & 25 Feb    Instructor: Binita  
Fee: HK\$720    Deadline: Register by 3rd Jan  
\*SPECIAL\* EARLY BIRD RATE HK\$620 if paid by 28th Jan

### AERIAL HOOP CHOREOGRAPHY - 4 week course

Day/Time: SATURDAYS 19:30 - 20:30    Dates: 3, 10, 17 & 24 Feb    Instructor: Pippa  
Fee: HK\$1200    Deadline: Register by 2nd Feb  
\*SPECIAL\* EARLY BIRD RATE HK\$1000 if paid by 27th Jan



## 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.

Claudine introduces Vinyasa Flow Yoga to the studio this month. Check out her classes at 6pm on Mondays and 12pm on Thursdays.

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.

# JANUARY 2018 - 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				20:00-21:00 HIP HOP - Routine		All Levels Marco		SATURDAY			
12:30-13:30	ZUMBA	All Levels	Sandy	21:00-22:00	Adult BALLET	Level 3	Boniface	11:30-12:30	Core Strengthening & Toning	All Levels	Jay
18:00-19:00	Vinyasa Flow Yoga <b>*NEW*</b>	All Levels	Claudine	21:00-22:00	MODERN Contemporary <b>*NEW*</b>	All Levels	Federica	11:30-12:30	Hatha YOGA	All Levels	Winney
18:00-19:00	Aerial Yoga	All Levels	Winney	<b>THURSDAY</b>				12:30-13:30	Adult BALLET	Level 2	Stephen
19:00-20:00	CONTEMPORARY JAZZ	Level 1	Benny	12:00-13:00	Vinyasa Flow Yoga <b>*NEW*</b>	All Levels	Claudine	13:30-14:30	Adult BALLET (Beginners)	Level 1	Stephen
19:00-20:00	ZUMBA	All Levels	Sandy	12:00-13:00	Floor Barre	All Levels	Kay	14:30-15:30	ZUMBA	All Levels	Sandy
20:00-21:00	CONTEMPORARY JAZZ	Level 2	Benny	13:00-14:00	Adult BALLET (Beginners)	Level 1	Kay	14:30-15:30	Ballroom - Latin	All Levels	Kelvin
20:00-21:00	Adult BALLET	Level 3	Stephen	17:00-18:00	Ballroom - Latin	Level 1	Estella	15:30-16:30	Ballroom - Standard	All Levels	Kelvin
21:00-22:00	Stretch & Conditioning	All Levels	Sasha	17:00-18:00	Dance Yoga	All Levels	Federica	16:30-17:30	SALSA Partner work	Level 2	Alexandre
<b>TUESDAY</b>				18:00-19:00	MODERN Contemporary	All Levels	Federica	16:30-17:30	SALSA Beginner (Partner & Open work)	Level 1	Sasha
13:00-14:00	Adult BALLET (Beginners)	Level 1	Kay	18:00-19:00	Bollywood Dance - Foundation	All Levels	Binita	17:30-18:30	SALSA Partner work	Level 2	Alexandre
15:00-16:00	Pole Dance (Beginners)	Level 1	Symone	19:00-20:00	ZUMBA	All Levels	Alice	18:30-19:30	SALSA Timing & Musicality 2	Level 3	Alexandre
16:00-17:00	Dance Yoga	All Levels	Federica	19:00-20:00	Belly Dance	All Levels	Shirley	18:30-19:30	SALSA Timing & Musicality 1	Level 2+	Alexandre
17:00-18:00	MODERN Contemporary	All Levels	Federica	20:00-21:00	HIP HOP - Foundation	All Levels	Yola	19:30-20:30	HIP HOP - Foundation	Level 1	Pippa
18:00-19:00	Stiletto HEELS	All Levels	Milton	20:00-21:00	Body Movement & Isolation	All Levels	Sasha	<b>SUNDAY</b>			
18:00-19:00	HIP HOP - Foundation	All Levels	Jason	21:00-22:00	SALSA Beginner (Partner & Open work)	Level 1	Sasha	10:30-11:30	Adult BALLET (Beginners)	Level 1	Boniface
19:00-20:00	ZUMBA	All Levels	Emilie	21:00-22:00	SALSA Partner work	Level 2	Alexandre	11:30-12:30	Adult BALLET	Level 2	Boniface
19:00-20:00	SALSA Body Isolation & Application	All Levels	Sasha	<b>FRIDAY</b>				12:30-13:30	Stretch and Conditioning	All Levels	Sasha
20:00-21:00	BACHATA Beginners	Level 1	Eman	12:30-13:30	ZUMBA	All Levels	Sandy	13:30-14:30	Bollywood Dance - Foundation	All Levels	Binita
20:00-21:00	SALSA Partner work	Level 2	Alexandre	17:00-18:00	Ballroom - Latin	Level 1	Estella	13:30-15:00	FIT2FITE	All Levels	Stefan
21:00-22:00	SALSA Open work	Level 2	Sasha	17:00-18:00	JAZZ FUNK	All Levels	Yola	14:30-15:00	JAZZ FUNK	All Levels	Sandy
<b>WEDNESDAY</b>				18:00-19:00	HIP HOP - Routine	All Levels	Yola	15:30-16:30	HIP HOP - Routine	All Levels	Jason
12:00-13:00	ZUMBA	All Levels	Sandy	18:00-19:00	Stiletto HEELS	All Levels	Milton	15:30-16:30	ZUMBA	All Levels	Sandy
12:00-13:00	Bolly Fit <b>*NEW*</b>	All Levels	Binita	19:00-20:00	SALSA Beginner (Partner & Open work)	Level 1	Alexandre	16:30-17:30	SALSA Spinning & Turn Technique	All Levels	Alexandre
13:00-14:00	JAZZ FUNK	All Levels	Sandy	19:00-20:00	SALSA Open work	Level 2	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	20:00-21:00	SALSA Partner work	Level 2	Alexandre	17:30-18:30	SALSA Partner work	Level 2	Alexandre
18:00-19:00	Stiletto HEELS	All Levels	Milton	20:00-21:00	SALSA Open work	Level 3	Sasha	18:30-19:30	SALSA Timing & Musicality 1	Level 2+	Alexandre
19:00-20:00	HIP HOP - Foundation	All Levels	Marco	21:00-22:00	SALSA Partner work	Level 3	Alexandre	18:30-19:30	BACHATA Partner work	Level 2	Eman
19:00-20:00	Adult BALLET (Beginners)	Level 1	Boniface	21:00-22:00	BACHATA Ladies Styling <b>*NEW*</b>	All Levels	Eman	19:30-20:30	BACHATA Beginners	Level 1	Eman
20:00-21:00	Adult BALLET	Level 2	Boniface	<b>SALSA</b>				19:30-20:30	MODERN Contemporary	All Levels	Federica



CONTEMPORARY



YOGA

## DROP-IN CLASSES – BY TYPE

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

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

1 Jan	7pm	No Contemporary Jazz	9 Jan	4pm	No Dance Yoga	18 Jan	5pm	No Dance Yoga
	8pm	No Contemporary Jazz	11 Jan	5pm	No Dance Yoga		6pm	No Modern
3 Jan	12pm	No BollyFit		6pm	No Modern	28 Jan	7:30pm	No Modern
4 Jan	6pm	No Bollywood Dance	16 Jan	3pm	No Pole Dance	30 Jan	4pm	No Dance Yoga
7 Jan	1:30pm	No Fit2Fite		4pm	No Dance Yoga	31 Jan	12pm	No BollyFit

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!

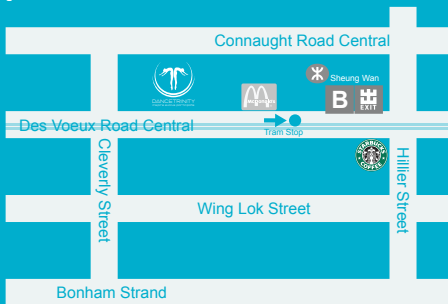
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
<b>ADULT</b>	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
<b>Under 21 (with ID)</b>	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

\*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 WINTER SPECIAL

Above prices are shown discounted 20% off for Under 21's for Winter!!

## LOCATION



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

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