



DANCETRINITY
inspire evolve participate

March 2018
studio class schedule

www.dancetrinity.com

STRETCH & CONDITIONING



LATEST NEWS!

WE HOPE THE YEAR OF THE DOG HAS STARTED WELL FOR YOU ALL. OUR LUNCHTIME BALLET LEVEL 1 BEGINNER CLASSES ON TUESDAY AND THURSDAYS HAVE PROVED POPULAR SO THIS MONTH WE'RE HAPPY TO ANNOUNCE A NEW LEVEL 2 BALLET CLASS ON TUESDAY LUNCHTIMES. TAKE YOUR BALLET TO THE NEXT LEVEL.

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: 3, 10, 17 & 24 Apr Instructor: Alexandre
Fee: HK\$750 Deadline: Register by 2nd Apr
SPECIAL EARLY BIRD RATE HK\$600 if paid by 27th Mar

INTRODUCTION TO TANGO - 4 week course

Day/Time: MONDAYS 21:00 - 22:00 Dates: 9, 16, 23 & 30 Apr Instructor: Candy & Anita
Fee: HK\$800 Deadline: Register by 8th Apr
SPECIAL EARLY BIRD RATE HK\$700 if paid by 2nd Apr

BOLLYWOOD DANCE PERFORMANCE COURSE - 3 week course

Day/Time: SUNDAYS 12:30 - 13:30 Dates: 1, 8 & 15 Apr Instructor: Binita
Fee: HK\$540 Deadline: Register by 31st Mar
SPECIAL EARLY BIRD RATE HK\$470 if paid by 25th Mar

AERIAL HOOP CHOREOGRAPHY - 4 week course

Day/Time: SATURDAYS 19:30 - 20:30 Dates: 7, 14, 21 & 28 Apr Instructor: Pippa
Fee: HK\$1200 Deadline: Register by 6th Apr
SPECIAL EARLY BIRD RATE HK\$1000 if paid by 31st Mar



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.

Check out Claudine's Vinyasa Flow Yoga every Thursday lunchtime at 12pm. Stretch and release during the hectic lunch hour rush and feel revitalised for the rest of your day! Yoga mats are provided.

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.

MARCH 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

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			
12:30-13:30	Adult BALLET (Beginners) *NEW*	Level 1	Kay
13:30-14:30	Adult BALLET (Beginners) *NEW*	Level 2	Kay
18:00-19:00	Pole Dance (Beginners)	Level 1	Symone
18:00-19:00	HIP HOP - Foundation	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
12:00-13:00	Bolly Fit	All Levels	Binita
13:00-14:00	JAZZ FUNK	All Levels	Sandy
13:00-14:00	SALSA Beginners (Partner & Open work)	Level 1	Alexandre
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			
12:00-13:00	Vinyasa Flow Yoga	All Levels	Claudine
12:00-13:00	Floor Barre	All Levels	Kay
13:00-14:00	Adult BALLET (Beginners)	Level 1	Kay
18:00-19:00	Bollywood Dance - Foundation	All Levels	Binita
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	Ballroom - Latin	Level 1	Estella
17:00-18:00	JAZZ FUNK	All Levels	Yola
18:00-19:00	HIP HOP - Routine	All Levels	Yola
19:00-20:00	SALSA Beginner (Partner & Open work)	Level 1	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

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	All Levels	Sandy
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
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	HIP HOP - Foundation	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 - Foundation	All Levels	Binita
14:30-15:30	JAZZ FUNK	All Levels	Sandy
15:30-16:30	HIP HOP - Routine	All Levels	Hong
15:30-16:30	ZUMBA	All Levels	Sandy
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 Partner work	Level 2	Eman
19:30-20:30	BACHATA Beginners	Level 1	Eman
19:30-20:30	FIT2FITE	All Levels	Stefan



DROP-IN CLASSES – BY TYPE

BACHATA					
Beginners	Level 1	Tue	20:00	Eman	
Beginners	Level 1	Sun	19:30	Eman	
Partner work	Level 2	Sun	18:30	Eman	

BALLET - ADULTS					
Level 1	Tuesdays	12:30-13:30	*NEW*	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	Tuesdays	13:30-14:30	*NEW*	Kay	
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	Level 1	Fri	17:00	Estella	
Latin American	All Levels	Sat	14:30	Kelvin	
Standard	All Levels	Sat	15:30	Kelvin	

BELLY DANCE					
Egyptian	All Levels	Thu	19:00	Shirley	

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

BOLLYWOOD					
Bolly Fit	All Levels	Wed	12:00	Binita	
Bollywood Dance - Foundation	All Levels	Thu	18:00	Binita	
Bollywood Dance - Foundation	All Levels	Sun	13:30	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	19:30-20:30		Stefan	

FLOOR BARRE					
All Levels	Thursdays	12:00-13:00		Kay	

HIP HOP					
Foundation	All Levels	Tue	18:00	Jason	
Foundation	All Levels	Wed	19:00	Marco	
Foundation	All Levels	Thu	20:00	Yola	
Foundation	All Levels	Sat	19:30	Jason	
Routine	All Levels	Wed	20:00	Marco	
Routine	All Levels	Fri	18:00	Yola	
Routine	All Levels	Sun	15:30	Hong	

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	

POLE DANCE & HOOP					
Pole Dance Beginners	Level 1	Tue	18:00	Symone	
Aerial Hoop Beginners	Level 1	Sat	18:30	Pippa	

SALSA					
Beginner (Partner & Open work)	Level 1	Wed	13:00	Alexandre	
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	Sasha	
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	Sasha
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

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

YOGA					
Aerial Yoga	All Levels	Mon	18:00	Winney	
Vinyasa Flow Yoga	All Levels	Thu	12:00	Claudine	
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	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		Sandy	
All Levels	Sundays	15:30-16:30		Sandy	

SCHEDULED HOLIDAYS & CANCELLATIONS

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

10th Mar	2:30pm	No Latin Ballroom	25th Mar	1:30pm	No Bollywood
	3:30pm	No Standard Ballroom	27th Mar	6pm	No Pole Dance
11th Mar	3:30pm	No Hip Hop	30th Mar	5pm	No Jazz Funk
20th Mar	6pm	No Pole Dance		6pm	No Hip Hop
22nd Mar	6pm	No Bollywood			

This 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!

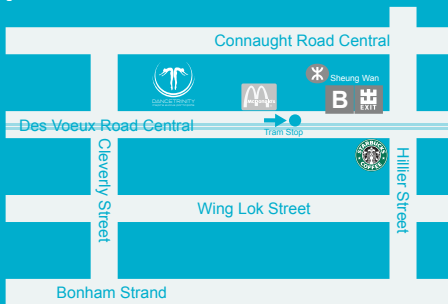
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
ADULT	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
Under 21 (with ID)	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

*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/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

 info@dancetrinity.com

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

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