



DANCETRINITY  
inspire evolve participate

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April 2018  
studio class schedule

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

## STRETCH & CONDITIONING



## LATEST NEWS!

THIS MONTH WE WELCOME YUKIKO, SURABHI & YESH TO THE FACULTY. YUKIKO WILL BE RUNNING NEW ADULT BALLET CLASSES ON MONDAY LUNCHTIMES, YESH OPENS NEW HATHA YOGA & BOLLYWOOD CLASSES ON FRIDAY LUNCHTIMES AND SURABHI INTRODUCES KATHAK CLASSES TO THE STUDIO ON WEDNESDAY EVENINGS. STANDARD AND LATIN BALLROOM CLASSES ALSO MOVE TO A NEW TIME ON SUNDAYS. 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: 8, 15, 22 & 29 May    Instructor: Alexandre  
Fee: HK\$750    Deadline: Register by 7th May  
\*SPECIAL\* EARLY BIRD RATE HK\$600 if paid by 1st May

### INTRODUCTION TO TANGO - 3 week course

Day/Time: MONDAYS 21:00 - 22:00    Dates: 7, 14 & 28 May    Instructor: Candy & Anita  
Fee: HK\$600    Deadline: Register by 6th May  
\*SPECIAL\* EARLY BIRD RATE HK\$500 if paid by 30th Apr

### BOLLYWOOD DANCE PERFORMANCE COURSE - 3 week course

Day/Time: SUNDAYS 12:30 - 13:30    Dates: 6, 20 & 27 May    Instructor: Binita  
Fee: HK\$540    Deadline: Register by 5th May  
\*SPECIAL\* EARLY BIRD RATE HK\$470 if paid by 29th Apr

### AERIAL HOOP CHOREOGRAPHY - 4 week course

Day/Time: SATURDAYS 19:30 - 20:30    Dates: 5, 12, 19 & 26 May    Instructor: Pippa  
Fee: HK\$1200    Deadline: Register by 4th May  
\*SPECIAL\* EARLY BIRD RATE HK\$1000 if paid by 28th Apr

## 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.



KATHAK

Kathak is derived from the word 'katha' which means 'story' and is one of the classical forms of Indian dances. The wandering kathakas communicated ancient mythology through dance, songs and music. Come share some of these stories, tap your feet to the sound of bells and travel back in time.

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.

# APRIL 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

12:30-13:30	ZUMBA	All Levels	Sandy
12:30-13:30	Adult BALLET (Beginners)	*NEW*	Level 1 Yukiko
13:30-14:30	Adult BALLET	*NEW*	Level 2 Yukiko
18:00-19:00	Aerial Yoga	All Levels	Winney
19:00-20:00	ZUMBA	All Levels	Sandy
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)	Level 1	Kay
13:30-14:30	Adult BALLET	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
18:00-19:00	Kathak	*NEW*	All Levels Surabhi
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
12:30-13:30	Bollywood Dance - Foundation	*NEW*	All Levels Yesh
13:30-14:30	Hatha YOGA	*NEW*	All Levels Yesh
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
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
12:30-14:30	Bollywood Dance - Foundation	All Levels	Binita
13:30-14:30	Ballroom - Latin	*NEW*	All Levels Kelvin
14:30-15:30	Ballroom - Standard	*NEW*	All Levels Kelvin
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	Mondays	12:30-13:30	*NEW*	Yukiko
Level 1	Tuesdays	12:30-13:30		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	Mondays	13:30-14:30	*NEW*	Yukiko
Level 2	Tuesdays	13:30-14:30		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	*NEW*	All Levels	Sun	13:30	Kelvin
Standard	*NEW*	All Levels	Sun	14:30	Kelvin

### BELLY DANCE

Egyptian	All Levels	Thu	19:00	Shirley
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### BODY MOVEMENT & ISOLATION

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

Bolly Fit	All Levels	Wed	12:00	Binita	
Bollywood Dance - Foundation	All Levels	Thu	18:00	Binita	
Bollywood Dance - Foundation	All Levels	Fri	12:30	Yesh	
Bollywood Dance - Foundation	All Levels	Sun	13:30	Binita	
Kathak	*NEW*	All Levels	Wed	18:00	Surabhi

### CORE STRENGTHENING & TONING

All Levels	Saturdays	11:30-12:30		Jay
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### FIT2FITE

All Levels	Sundays	19:30-20:30		Stefan
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### FLOOR BARRE

All Levels	Thursdays	12:00-13:00		Kay
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### 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	*NEW*	All Levels	Fri	13:30	Yesh
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.

1st Apr	1:30pm	No Latin Ballroom	6th Apr	5pm	No Jazz Funk
	2:30pm	No Standard Ballroom		6pm	No Hip Hop
3rd Apr	8pm	No Bachata	14th Apr	11:30am	No Hatha Yoga
5th Apr	12pm	No Floor Barre	26th Apr	6pm	No Bollywood
	1pm	No Ballet		7pm	No Belly Dance
	7pm	No Zumba	29th Apr	1:30pm	No Bollywood
	8pm	No Hip Hop			

## 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!

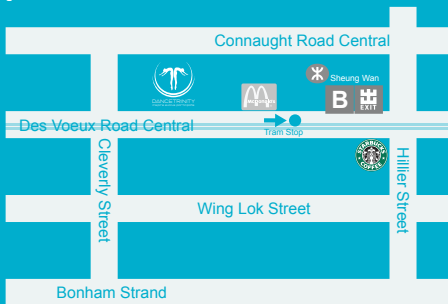
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
<b>ADULT</b>	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
<b>Under 21 (with ID)</b>	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

\*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/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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