



DANCETRINITY
inspire evolve participate

May 2018
studio class schedule

www.dancetrinity.com

STRETCH & CONDITIONING



LATEST NEWS!

THIS MONTH WE ARE BRINGING BACK CONTEMPORARY DANCE TO THE SCHEDULE AFTER A ONE MONTH HIATUS AND WELCOME SARAH AND SYLVIE TO THE FACULTY. THEY WILL BE OPENING NEW CONTEMPORARY DANCE CLASSES DURING THE WEEK AND WEEKEND! ALSO FINALLY BY POPULAR REQUEST BINITA WILL BE RESUMING FUSION BELLY DANCE CLASSES ON MONDAY NIGHTS

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 June Instructor: Alexandre
Fee: HK\$750 Deadline: Register by 4th June
SPECIAL EARLY BIRD RATE HK\$600 if paid by 29 May

INTRODUCTION TO TANGO - 3 week course

Day/Time: MONDAYS 21:00 - 22:00 Dates: 4, 11 & 25 June Instructor: Candy & Anita
Fee: HK\$600 Deadline: Register by 3rd June
SPECIAL EARLY BIRD RATE HK\$500 if paid by 28th May

BOLLYWOOD DANCE PERFORMANCE COURSE - 3 week course

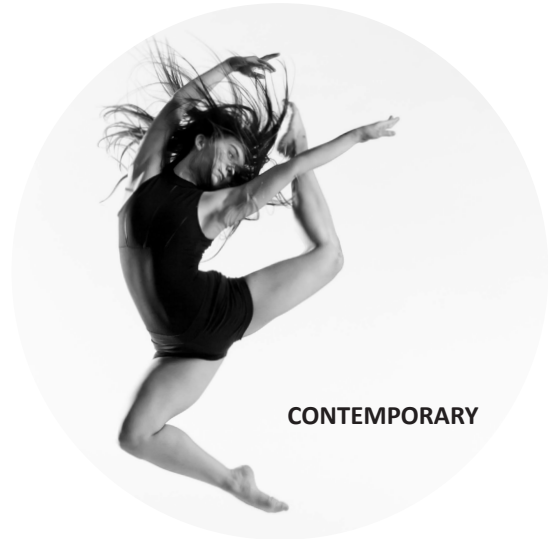
Day/Time: SUNDAYS 12:30 - 13:30 Dates: 3, 10 & 17 June Instructor: Binita
Fee: HK\$540 Deadline: Register by 2nd June
SPECIAL EARLY BIRD RATE HK\$470 if paid by 27th May

AERIAL HOOP CHOREOGRAPHY - 4 week course

Day/Time: SATURDAYS 19:30 - 20:30 Dates: 9, 16, 23 & 30 June Instructor: Pippa
Fee: HK\$1200 Deadline: Register by 8th June
SPECIAL EARLY BIRD RATE HK\$1000 if paid by 2nd June

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.



CONTEMPORARY

Sarah and Sylvie will be opening new Contemporary dance classes on Mondays, Tuesdays, Wednesdays, Thursdays and Saturdays for levels 1 and 2. They have very different styles so be sure to check them both 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.

MAY 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			THURSDAY			SUNDAY		
12:30-13:30	ZUMBA	All Levels Sandy	19:00-20:00	Adult BALLET (Beginners)	Level 1 Boniface	11:30-12:30	Hatha YOGA	All Levels Winney
12:30-13:30	Adult BALLET (Beginners)	Level 1 Yukiko	20:00-21:00	Adult BALLET	Level 2 Boniface	12:30-13:30	Adult BALLET	Level 2 Stephen
13:30-14:30	Adult BALLET	Level 2 Yukiko	20:00-21:00	HIP HOP - Routine	All Levels Marco	13:30-14:30	Adult BALLET (Beginners)	Level 1 Stephen
18:00-19:00	Aerial Yoga	All Levels Winney	21:00-22:00	Adult BALLET	Level 3 Boniface	14:30-15:30	ZUMBA	All Levels Sandy
19:00-20:00	ZUMBA	All Levels Sandy	THURSDAY			15:30-16:30	SALSA Partner work	Level 2 Alexandre
19:00-20:00	Contemporary *NEW*	Level 2 Sarah	12:00-13:00	Floor Barre	All Levels Kay	16:30-17:30	SALSA Beginner (Partner & Open work)	Level 1 Sasha
20:00-21:00	Adult BALLET	Level 3 Stephen	13:00-14:00	Adult BALLET (Beginners)	Level 1 Kay	16:30-17:30	SALSA Open work	Level 2 Alexandre
20:00-21:00	Fusion Belly Dance *NEW*	All Levels Binita	18:00-19:00	Bollywood Dance - Foundation	All Levels Binita	17:30-18:30	SALSA Partner work	Level 3 Alexandre
21:00-22:00	Stretch & Conditioning	All Levels Sasha	18:00-19:00	Contemporary *NEW*	Level 1 Sylvie	17:30-18:30	Contemporary *NEW*	Level 1 Sarah
TUESDAY			19:00-20:00	ZUMBA	All Levels Alice	18:30-19:30	SALSA Timing & Musicality 2	Level 2+ Alexandre
12:30-13:30	Adult BALLET (Beginners)	Level 1 Kay	19:00-20:00	Egyptian Belly Dance	All Levels Shirley	18:30-19:30	Aerial Hoop (Beginners)	Level 1 Pippa
13:30-14:30	Adult BALLET	Level 2 Kay	20:00-21:00	HIP HOP - Foundation	All Levels Yola	SUNDAY		
17:00-18:00	Contemporary *NEW*	Level 1 Sylvie	20:00-21:00	Body Movement & Isolation	All Levels Sasha	10:30-11:30	Adult BALLET (Beginners)	Level 1 Boniface
18:00-19:00	Contemporary *NEW*	Level 2 Sylvie	21:00-22:00	SALSA Beginner (Partner & Open work)	Level 1 Sasha	11:30-12:30	Adult BALLET	Level 2 Boniface
18:00-19:00	Pole Dance (Beginners)	Level 1 Symone	21:00-22:00	SALSA Partner work	Level 2 Alexandre	12:30-13:30	Stretch and Conditioning	All Levels Sasha
19:00-20:00	ZUMBA	All Levels Emilie	FRIDAY			13:30-14:30	Bollywood Dance - Foundation	All Levels Binita
19:00-20:00	SALSA Body Isolation & Application	All Levels Sasha	12:30-13:30	ZUMBA	All Levels Sandy	13:30-14:30	Ballroom - Latin	All Levels Kelvin
20:00-21:00	BACHATA Beginners	Level 1 Eman	17:00-18:00	Ballroom - Latin	Level 1 Estella	14:30-15:30	Ballroom - Standard	All Levels Kelvin
20:00-21:00	SALSA Partner work	Level 2 Alexandre	17:00-18:00	JAZZ FUNK	All Levels Yola	14:30-15:30	JAZZ FUNK	All Levels Sandy
21:00-22:00	SALSA Open work	Level 2 Sasha	18:00-19:00	HIP HOP - Routine	All Levels Yola	15:30-16:30	HIP HOP - Routine	All Levels Hong
WEDNESDAY			19:00-20:00	SALSA Beginner (Partner & Open work)	Level 1 Alexandre	15:30-16:30	ZUMBA	All Levels Sandy
12:00-13:00	ZUMBA	All Levels Sandy	19:00-20:00	SALSA Open work	Level 2 Sasha	16:30-17:30	SALSA Spinning & Turn Technique	All Levels Alexandre
12:00-13:00	Bolly FIT	All Levels Binita	20:00-21:00	SALSA Partner work	Level 2 Alexandre	17:30-18:30	SALSA Beginner (Partner & Open work)	Level 1 Sasha
13:00-14:00	JAZZ FUNK	All Levels Sandy	20:00-21:00	SALSA Open work	Level 2 Alexandre	17:30-18:30	SALSA Partner work	Level 2 Alexandre
18:00-19:00	Kathak	All Levels Surabhi	21:00-22:00	SALSA Partner work	Level 3 Sasha	18:30-19:30	SALSA Timing & Musicality 1	Level 2+ Alexandre
18:00-19:00	Contemporary *NEW*	Level 1 Sarah	SATURDAY			18:30-19:30	BACHATA Partner work	Level 2 Eman
19:00-20:00	HIP HOP - Foundation	All Levels Marco	11:30-12:30	Core Strengthening & Toning	All Levels Jay	19:30-20:30	BACHATA Beginners	Level 1 Eman
						19:30-20:30	FIT2FITE	All Levels Stefan



DROP-IN CLASSES – BY TYPE

BACHATA					CONTEMPORARY					CORE STRENGTHENING & TONING					STRETCH AND CONDITIONING				
Beginners	Level 1	Tue	20:00	Eman	Level 1	Tuesdays	17:00-18:00	*NEW*	Sylvie	Partner work	Level 2	Tue	20:00	Alexandre	All Levels	Monday	21:00-22:00	Sasha	
Beginners	Level 1	Sun	19:30	Eman	Level 1	Wednesdays	18:00-19:00	*NEW*	Sarah	Open work	Level 2	Thu	21:00	Alexandre	All Levels	Sundays	12:30-13:30	Sasha	
Partner work	Level 2	Sun	18:30	Eman	Level 1	Thursdays	18:00-19:00	*NEW*	Sylvie	Open work	Level 2	Fri	20:00	Alexandre	All Levels				
BALLET - ADULTS					Level 1	Saturdays	17:30-18:30	*NEW*	Sarah	Partner work	Level 2	Sun	17:30	Alexandre	All Levels				
Level 1	Mondays	12:30-13:30		Yukiko	Level 2	Sundays	20:00-21:00	*NEW*	Sarah	Partner work	Level 3	Fri	21:00	Alexandre	All Levels				
Level 1	Tuesdays	12:30-13:30		Kay	Level 2	Mondays	18:00-19:00	*NEW*	Sylvie	Open work	Level 3	Sat	17:30	Alexandre	All Levels				
Level 1	Wednesdays	19:00-20:00		Boniface	Level 2	Tuesdays	18:00-19:00	*NEW*	Sylvie	Open work	Level 2	Tue	21:00	Sasha	All Levels				
Level 1	Thursdays	13:00-14:00		Kay	CORE STRENGTHENING & TONING					Jay	Level 2	Fri	19:00	Sasha	All Levels				
Level 1	Saturdays	13:30-14:30		Stephen	All Levels	Saturdays	11:30-12:30		Jay	Open work	Level 2	Sat	16:30	Alexandre	All Levels				
Level 1	Sundays	10:30-11:30		Boniface	FIT2FITE					Stefan	Level 3	Fri	20:00	Sasha	All Levels				
Level 2	Mondays	13:30-14:30		Yukiko	All Levels	Sundays	19:30-20:30		Stefan	Open work	Level 2+	Sun	18:30	Alexandre	All Levels				
Level 2	Tuesdays	13:30-14:30		Kay	FLOOR BARRE					Kay	Timing & Musicality 1	Level 2+	Sat	18:30	Alexandre	All Levels			
Level 2	Wednesdays	20:00-21:00		Boniface	All Levels	Thursdays	12:00-13:00		Kay	Open work	Level 2+	Sat	18:30	Alexandre	All Levels				
Level 2	Thursdays	13:00-14:00		Stephen	HIP HOP						Open work	Level 2+	Sat	16:30	Alexandre	All Levels			
Level 2	Saturdays	12:30-13:30		Stephen	Foundation	All Levels	Wed	19:00	Marco	Timing & Musicality 2	All Levels	Sun	16:30	Alexandre	All Levels				
Level 2	Sundays	11:30-12:30		Boniface	Foundation	All Levels	Thu	20:00	Yola	Spinning & Turn Technique	All Levels	Sun	16:30	Alexandre	All Levels				
Level 3	Mondays	20:00-21:00		Stephen	Routine	All Levels	Wed	20:00	Marco	Body Isolation & Application	All Levels	Tue	19:00	Sasha	All Levels				
Level 3	Wednesdays	21:00-22:00		Boniface	Routine	All Levels	Fri	18:00	Yola	STRETCH AND CONDITIONING									
BALLROOM					Level 3	Wednesdays	21:00-22:00		Boniface	YOGA									
Latin American	Level 1	Fri	17:00	Estella	Level 3	Wednesdays	21:00-22:00		Boniface	Aerial Yoga	All Levels	Mon	18:00	Winney	All Levels				
Latin American	All Levels	Sun	13:30	Kelvin	Level 3	Wednesdays	21:00-22:00		Boniface	Hatha Yoga	All Levels	Sat	11:30	Winney	All Levels				
Standard	All Levels	Sun	14:30	Kelvin	BELLY DANCE														
BOLLYWOOD					BELLY DANCE					ZUMBA									
Bolly Fit	All Levels	Wed	12:00	Binita	Egyptian	All Levels	Thu	19:00	Shirley	All Levels	Mondays	12:30-13:30		Sandy	All Levels	Mondays	19:00-20:00	Sandy	
Bollywood Dance - Foundation	All Levels	Thu	18:00	Binita	Fusion *NEW*	All Levels	Mon	20:00	Binita	All Levels	Tuesdays	19:00-20:00		Emilie	All Levels	Tuesdays	19:00-20:00	Sandy	
Bollywood Dance - Foundation	All Levels	Sun	13:30	Binita	BODY MOVEMENT & ISOLATION									Sandy	All Levels	Wednesdays	12:00-13:00	Sandy	
Kathak	All Levels	Wed	18:00	Surabhi	All Levels	Thursdays	20:00-21:00		Sasha	All Levels	Thursdays	19:00-20:00		Alice	All Levels	Thursdays	19:00-20:00	Alice	
BACHATA					BOLLYWOOD					CONTEMPORARY									
Beginner (Partner & Open work)	Level 1	Thu	21:00	Sasha	Bolly Fit	All Levels	Wed	12:00	Binita	12:00-13:00	Floor Barre	All Levels	Kay	12:00-13:00	Floor Barre	All Levels	Kay	12:00-13:00	
Beginner (Partner & Open work)	Level 1	Fri	19:00	Alexandre	Bollywood Dance - Foundation	All Levels	Thu	18:00	Binita	13:00-14:00	Adult BALLET (Beginners)	Level 1	Kay	13:00-14:00	Adult BALLET (Beginners)	Level 1	Kay	13:00-14:00	
Beginner (Partner & Open work)	Level 1	Sat	16:30	Sasha	Bollywood Dance - Foundation	All Levels	Sun	13:30	Binita	17:00-18:00	Adult BALLET	Level 2	Sarah	17:00-18:00	Adult BALLET	Level 2	Sarah	17:00-18:00	
Beginner (Partner & Open work)	Level 1	Sun	17:30	Sasha	Kathak	All Levels	Wed	18:00	Surabhi	18:00-19:00	Contemporary	Level 3	Stephen	18:00-19:00	Contemporary	Level 3	Stephen	18:00-19:00	

SCHEDULED HOLIDAYS & CANCELLATIONS

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

6th May	6:30pm	No Bachata Level 2	13th May	1:30pm	No Bollywood
	7:30pm	No Bachata Level 1	14th May	8pm	No Fusion Belly Dance
10th May	6pm	No Bollywood	16th May	12pm	No Bollyfit

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!

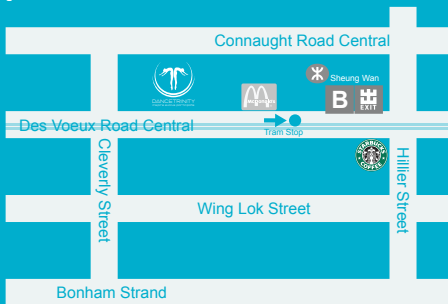
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
ADULT	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
Under 21 (with ID)	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

*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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