



DANCETRINITY
inspire evolve participate

July 2018
studio class schedule

www.dancetrinity.com

STRETCH & CONDITIONING



LATEST NEWS!

THIS MONTH WE WELCOME AERITH TO THE FACULTY. AERITH WILL BE TAKING OVER TUESDAY NIGHT'S POPULAR ZUMBA CLASS AND WILL BE ADDING TWO MORE CLASSES DURING THE WEEK. AS REQUESTED, ADULT BALLET AND FLOOR BARRE ALSO BUMP UP BY A HALF HOUR ON THURSDAY LUNCHTIMES TO MAKE IT EASIER FOR YOU TO GET TO.

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: 7, 14, 21 & 28 August Instructor: Alexandre
Fee: HK\$750 Deadline: Register by 6th August
SPECIAL EARLY BIRD RATE HK\$600 if paid by 31st July

INTRODUCTION TO TANGO - 4 week course

Day/Time: MONDAYS 21:00 - 22:00 Dates: 6, 13, 20 & 27 August Instructor: Candy & Anita
Fee: HK\$800 Deadline: Register by 5th August
SPECIAL EARLY BIRD RATE HK\$700 if paid by 30th July

BOLLYWOOD DANCE PERFORMANCE COURSE - 3 week course

Day/Time: SUNDAYS 12:30 - 13:30 Dates: 5, 12 & 19 August Instructor: Binita
Fee: HK\$540 Deadline: Register by 4th August
SPECIAL EARLY BIRD RATE HK\$470 if paid by 29th July

AERIAL HOOP CHOREOGRAPHY - 4 week course

Day/Time: SATURDAYS 19:30 - 20:30 Dates: 4, 11, 18 & 25 August Instructor: Pippa
Fee: HK\$1200 Deadline: Register by 3rd August
SPECIAL EARLY BIRD RATE HK\$1000 if paid by 28th July

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.



Get your ZUMBA on! Aerith will be taking over the popular Tuesday evening Zumba class at 7pm and is also adding a new Zumba class on Fridays 6pm and Saturday mornings 11:30am. Check out her style!

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.

JULY 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
12:30-13:30	Adult BALLET (Beginners)	Level 1	Kay
18:00-19:00	Aerial Yoga	All Levels	Winney
19:00-20:00	ZUMBA	All Levels	Sandy
19:00-20:00	Contemporary	Level 2	Sarah
20:00-21:00	Adult BALLET	Level 3	Stephen
20:00-21:00	Fusion Belly Dance	All Levels	Binita
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
17:00-18:00	Contemporary	Level 1	Sylvie
18:00-19:00	Contemporary	Level 2	Sylvie
18:00-19:00	Pole Dance (Beginners)	Level 1	Symone
19:00-20:00	ZUMBA *NEW*	All Levels	Aerith
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
18:00-19:00	Contemporary	Level 1	Sarah
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	Bolly Fit	All Levels	Binita
12:30-13:30	Floor Barre *NEW*	All Levels	Kay
13:30-14:30	Adult BALLET (Beginners) *NEW*	Level 1	Kay
17:00-18:00	HIP HOP - Foundation	All Levels	Eddie
18:00-19:00	Bollywood Dance - Foundation	All Levels	Binita
18:00-19:00	Contemporary	Level 1	Sylvie
19:00-20:00	ZUMBA	All Levels	Alice
19:00-20:00	Egyptian 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
18:00-19:00	ZUMBA *NEW*	All Levels	Aerith
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	ZUMBA *NEW*	All Levels	Aerith
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	HIP HOP - Routine	All Levels	Eddie
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
17:30-18:30	Contemporary	Level 1	Sarah
18:30-19:30	SALSA Timing & Musicality 2	Level 2+	Alexandre
18:30-19:30	Aerial Hoop (Beginners)	Level 1	Pippa

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
13:30-14:30	Ballroom - Latin	All Levels	Kelvin
14:30-15:30	Ballroom - Standard	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



CONTEMPORARY



YOGA

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	Kay
Level 1	Tuesdays	12:30-13:30	Kay
Level 1	Wednesdays	19:00-20:00	Boniface
Level 1	Thursdays	13:30-14:30	Kay
Level 1	Saturdays	13:30-14:30	Stephen
Level 1	Sundays	10:30-11:30	Boniface
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	All Levels	Sun	13:30	Kelvin
Standard	All Levels	Sun	14:30	Kelvin

BELLY DANCE

Egyptian	All Levels	Thu	19:00	Shirley
Fusion	All Levels	Mon	20:00	Binita

BODY MOVEMENT & ISOLATION

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

Bolly Fit	All Levels	Thu	12:00	Binita
Bollywood Dance - Foundation	All Levels	Thu	18:00	Binita
Bollywood Dance - Foundation	All Levels	Sun	13:30	Binita

CONTEMPORARY

Level 1	Tuesdays	17:00-18:00	Sylvie
Level 1	Wednesdays	18:00-19:00	Sarah
Level 1	Thursdays	18:00-19:00	Sylvie
Level 1	Saturdays	17:30-18:30	Sarah
Level 2	Mondays	19:00-20:00	Sarah
Level 2	Tuesdays	18:00-19:00	Sylvie

CORE STRENGTHENING & TONING

All Levels	Saturdays	11:30-12:30	Jay
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FLOOR BARRE

All Levels	Thursdays	12:30-13:30	*NEW* Kay
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HIP HOP

Foundation	All Levels	Wed	19:00	Marco
Foundation	All Levels	Thu	17:00	Eddie
Foundation	All Levels	Thu	20:00	Yola
Routine	All Levels	Wed	20:00	Marco
Routine	All Levels	Fri	18:00	Yola
Routine	All Levels	Sat	15:30	Eddie
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	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
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ZUMBA

All Levels	Mondays	12:30-13:30	Sandy
All Levels	Mondays	19:00-20:00	Sandy
All Levels	Tuesdays	19:00-20:00	*NEW* Aerith
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	Fridays	18:00-19:00	*NEW* Aerith
All Levels	Saturdays	11:30-12:30	*NEW* Aerith
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 run normally even during public holidays.

2nd July	7pm	No Contemporary	11th July	6pm	No Contemporary
	8pm	No Fusion Belly Dance	22nd July	1:30pm	No Bollywood
3rd July	6pm	No Pole Dance	23rd July	8pm	No Fusion Belly Dance
4th July	6pm	No Contemporary	24th July	5pm & 6pm	No Contemporary
5th July	12pm	No BollyFit	30th July	12:30pm	No Ballet
	6pm	No Bollywood	31st July	5pm & 6pm	No Contemporary
9th July	7pm	No Contemporary		6pm	No Pole Dance

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!

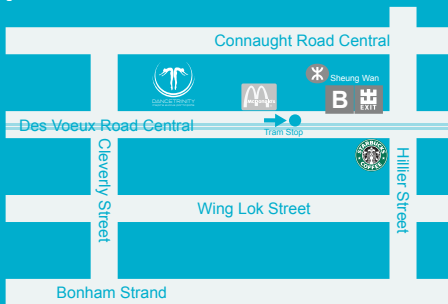
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
ADULT	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
Under 21 (with ID)	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

*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

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 info@dancetrinity.com

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

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