



DANCETRINITY
inspire evolve participate

October 2018
studio class schedule

www.dancetrinity.com

STRETCH & CONDITIONING - SASHA

LATEST NEWS!

THIS MONTH WE WELCOME CLAIRE, WING AND KAREN TO THE FACULTY! CLAIRE WILL BE TEACHING ZUMBA ON SATURDAY MORNINGS, WING WILL BE TEACHING AERIAL HOOP ON SATURDAYS AND KAREN WILL BE TEACHING AERIAL YOGA AND ACRO YOGA ON WEDNESDAY AND FRIDAY LUNCHTIMES. BINITA'S MONDAY EVENING BOLLYWOOD CLASS IS ALSO BACK AT 8PM MONDAYS. CHECK THESE GREAT CLASSES 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 Nov

Instructor: Alexandre

Fee: HK\$750

Deadline: Register by 5th Nov

SPECIAL EARLY BIRD RATE HK\$600 if paid by 30th October

BOLLYWOOD DANCE PERFORMANCE COURSE - 3 week course

Day/Time: SUNDAYS 12:30 - 13:30

Dates: 4, 11 & 18 Nov

Instructor: Binita

Fee: HK\$540

Deadline: Register by 3rd Nov

SPECIAL EARLY BIRD RATE HK\$470 if paid by 28th October

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.



- WING
AERIAL HOOP

Wing is a certified XPERT Aerial Hoop Instructor and will be bringing her skill and enthusiasm for the aerial arts to the studio with her new Aerial Hoop class on Saturday evenings 6:30pm!

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.

OCTOBER 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	20:00-21:00	Adult BALLET	Level 2 Boniface	12:30-13:30	Adult BALLET	Level 2 Stephen
12:30-13:30	Adult BALLET (Beginners)	Level 1 Yukiko	20:00-21:00	HIP HOP	Level 2 Marco	13:30-14:30	Adult BALLET (Beginners)	Level 1 Stephen
13:30-14:30	Adult BALLET	Level 2 Yukiko	21:00-22:00	Adult BALLET	Level 3 Boniface	14:30-15:30	ZUMBA	All Levels Sandy
18:00-19:00	Aerial Yoga	All Levels Winney	THURSDAY			15:30-16:30	SALSA Partner work	Level 2 Alexandre
19:00-20:00	ZUMBA	All Levels Sandy	12:30-13:30	Floor Barre	All Levels Kay	16:30-17:30	SALSA Beginner (Partner & Open work)	Level 1 Sasha
19:00-20:00	Fusion Belly Dance	All Levels Binita	13:30-14:30	Adult BALLET (Beginners)	Level 1 Kay	16:30-17:30	SALSA Open work	Level 2 Alexandre
20:00-21:00	Bollywood Dance - Foundation *NEW*	All Levels Binita	18:00-19:00	Bollywood Dance - Foundation	All Levels Binita	17:30-18:30	SALSA Partner work	Level 3 Alexandre
20:00-21:00	Adult BALLET	Level 3 Stephen	18:00-19:00	Contemporary	Level 1 Sylvie	17:30-18:30	Contemporary	Level 1 Sarah
21:00-22:00	Stretch & Conditioning	All Levels Sasha	19:00-20:00	ZUMBA	All Levels Alice	18:30-19:30	SALSA Timing & Musicality 2	Level 2+ Alexandre
TUESDAY			19:00-20:00	Egyptian Belly Dance	All Levels Shirley	18:30-19:30	Aerial Hoop (Beginners) *NEW*	Level 1 Wing
12:30-13:30	Adult BALLET (Beginners)	Level 1 Kay	20:00-21:00	HIP HOP	Level 1 Yola	SUNDAY		
13:30-14:30	Adult BALLET	Level 2 Kay	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	Level 1 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 Simone	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 Aerith	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	12:30-13:30	Acro Yoga *NEW*	All Levels Karen	14:30-15:30	Ballroom - Standard	All Levels Kelvin
20:00-21:00	SALSA Partner work	Level 2 Alexandre	17:00-18:00	Ballroom - Latin	Level 1 Estella	14:30-15:30	JAZZ FUNK	All Levels Sandy
21:00-22:00	SALSA Open work	Level 2 Sasha	19:00-20:00	SALSA Beginner (Partner & Open work)	Level 1 Alexandre	15:30-16:30	ZUMBA	All Levels Sandy
WEDNESDAY			19:00-20:00	SALSA Open work	Level 2 Sasha	15:30-16:30	Fusion Belly Dance	All Levels Binita
12:00-13:00	ZUMBA	All Levels Sandy	20:00-21:00	SALSA Partner work	Level 2 Alexandre	16:30-17:30	SALSA Spinning & Turn Technique	All Levels Alexandre
12:30-13:30	Aerial Yoga *NEW*	All Levels Karen	20:00-21:00	SALSA Open work	Level 3 Sasha	17:30-18:30	SALSA Beginner (Partner & Open work)	Level 1 Sasha
13:00-14:00	JAZZ FUNK	All Levels Sandy	21:00-22:00	SALSA Partner work	Level 3 Alexandre	17:30-18:30	SALSA Partner work	Level 2 Alexandre
18:00-19:00	Contemporary	Level 1 Sarah	SATURDAY			18:30-19:30	SALSA Timing & Musicality 1	Level 2+ Alexandre
19:00-20:00	HIP HOP	Level 1 Marco	11:30-12:30	Core Strengthening & Toning	All Levels Jay	18:30-19:30	BACHATA Partner work	Level 2 Eman
19:00-20:00	Adult BALLET (Beginners)	Level 1 Boniface	11:30-12:30	ZUMBA *NEW*	All Levels Claire	19:30-20:30	BACHATA Beginners	Level 1 Eman



DROP-IN CLASSES – BY TYPE

BACHATA					CONTEMPORARY					STRETCH AND CONDITIONING				
Beginners	Level 1	Tue	20:00	Eman	Level 1	Tuesdays	18:00-19:00	Sylvie	Open work	Level 2	Tue	21:00	Sasha	
Beginners	Level 1	Sun	19:30	Eman	Level 1	Wednesdays	18:00-19:00	Sarah	Open work	Level 2	Fri	19:00	Sasha	
Partner work	Level 2	Sun	18:30	Eman	Level 1	Thursdays	18:00-19:00	Sylvie	Open work	Level 3	Sat	16:30	Alexandre	
BALLET - ADULTS					Level 1	Saturdays	17:30-18:30	Sarah	Timing & Musicality 1	Level 2+	Sun	18:30	Alexandre	
Level 1	Mondays	12:30-13:30		Yukiko	CORE STRENGTHENING & TONING					Timing & Musicality 2	Level 2+	Sat	18:30	Alexandre
Level 1	Tuesdays	12:30-13:30		Kay	All Levels	Saturdays	11:30-12:30	Jay	Spinning & Turn Technique	All Levels	Sun	16:30	Alexandre	
Level 1	Wednesdays	19:00-20:00		Boniface	FLOOR BARRE					Body Isolation & Application	All Levels	Tue	19:00	Sasha
Level 1	Thursdays	13:30-14:30		Kay	All Levels	Thursdays	12:30-13:30	Kay	YOGA					
Level 1	Saturdays	13:30-14:30		Stephen	HIP HOP					Aerial Yoga	All Levels	Mon	18:00	Winney
Level 1	Sundays	10:30-11:30		Boniface	Level 1	Wednesdays	19:00-20:00	Marco	Aerial Yoga *NEW*	All Levels	Wed	12:30	Karen	
Level 2	Mondays	13:30-14:30		Yukiko	Level 1	Thursdays	20:00-21:00	Yola	Acro Yoga *NEW*	All Levels	Fri	12:30	Karen	
Level 2	Tuesdays	13:30-14:30		Kay	Level 2	Wednesdays	20:00-21:00	Marco	ZUMBA					
Level 2	Wednesdays	20:00-21:00		Boniface	All Levels	Wednesdays	13:00-14:00	Sandy	All Levels	Mondays	12:30-13:30		Sandy	
Level 2	Saturdays	12:30-13:30		Stephen	All Levels	Sundays	14:30-15:30	Sandy	All Levels	Mondays	19:00-20:00		Sandy	
Level 2	Sundays	11:30-12:30		Boniface	POLE DANCE & HOOP					All Levels	Tuesdays	19:00-20:00		Aerith
Level 3	Mondays	20:00-21:00		Stephen	Pole Dance Beginners	Level 1	Tue	18:00	Symone	All Levels	Wednesdays	12:00-13:00		Sandy
Level 3	Wednesdays	21:00-22:00		Boniface	Aerial Hoop Beginners *NEW*	Level 1	Sat	18:30	Wing	All Levels	Thursdays	19:00-20:00		Alice
BALLROOM					SALSA					All Levels	Fridays	12:30-13:30		Sandy
Latin American	Level 1	Fri	17:00	Estella	Beginner (Partner & Open work)	Level 1	Thu	21:00	Sasha	All Levels	Saturdays	11:30-12:30	*NEW*	Claire
Latin American	All Levels	Sun	13:30	Kelvin	Beginner (Partner & Open work)	Level 1	Fri	19:00	Alexandre	All Levels	Saturdays	14:30-15:30		Sandy
Standard	All Levels	Sun	14:30	Kelvin	Beginner (Partner & Open work)	Level 1	Sat	16:30	Sasha	All Levels	Sundays	15:30-16:30		Sandy
BELLY DANCE					Partner work	Level 2	Tue	20:00	Alexandre	DISCLAIMER				
Egyptian	All Levels	Thu	19:00	Shirley	Partner work	Level 2	Thu	21:00	Alexandre	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.				
Fusion	All Levels	Mon	19:00	Binita	Partner work	Level 2	Fri	20:00	Alexandre					
Fusion	All Levels	Sun	15:30	Binita	Partner work	Level 2	Fri	20:00	Alexandre					
BODY MOVEMENT & ISOLATION					Partner work	Level 2	Sat	15:30	Alexandre					
All Levels	Thursdays	20:00-21:00		Sasha	Partner work	Level 2	Sun	17:30	Alexandre					
BOLLYWOOD DANCE					Partner work	Level 3	Fri	21:00	Alexandre					
Bollywood - Foundation *NEW*	All Levels	Mon	20:00	Binita	Partner work	Level 3	Sat	17:30	Alexandre					
Bollywood - Foundation	All Levels	Thu	18:00	Binita										
Bollywood - Foundation	All Levels	Sun	13:30	Binita										

SCHEDULED HOLIDAYS & CANCELLATIONS

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

2 Oct	6pm	No Pole Dance	16 Oct	6pm	No Contemporary
3 Oct	6pm	No Contemporary	17 Oct	12:30pm	No Aerial Yoga
11 Oct	6pm	No Bollywood		6pm	No Contemporary
14 Oct	1:30pm	No Bollywood	18 Oct	6pm	No Contemporary
	3:30pm	No Fusion Belly Dance	19 Oct	12:30pm	No Acro Yoga
15 Oct	12:30pm	No Ballet	21 Oct	1:30pm	No Latin Ballroom
	1:30pm	No Ballet		2:30pm	No Standard Ballroom

This schedule is subject to change, for up-to-date class info always check www.dancetrinity.com

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!

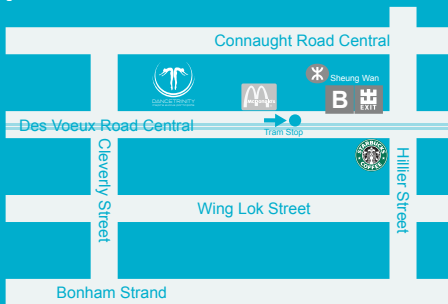
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
ADULT	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
Under 21 (with ID)	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

*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 AUTUMN/WINTER 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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