



DANCETRINITY  
inspire evolve participate

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January 2019  
studio class schedule

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

## STRETCH & CONDITIONING - SASHA

## HAPPY NEW YEAR 2019!

KEEP THOSE HEALTHY NEW YEAR RESOLUTIONS GOING WITH SOME GREAT NEW CLASSES. THIS MONTH WE ARE ADDING TWO NEW FLOOR BARRE CLASSES WITH KAY ON WEDNESDAY EVENINGS AND SATURDAY AFTERNOONS AND WE WELCOME CAROLINE TO THE FACULTY WHO WILL BE TEACHING ZUMBA ON THURSDAY EVENINGS! 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 - 3 week course

Day/Time: TUESDAYS 21:00 - 22:00

Dates: 12, 19 & 26 Feb

Instructor: Alexandre

Fee: HK\$650

Deadline: Register by 12th Feb

\*SPECIAL\* EARLY BIRD RATE HK\$500 if paid by 5th February

### BOLLYWOOD DANCE PERFORMANCE COURSE - 3 week course

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

Dates: 3, 10 & 17 Feb

Instructor: Binita

Fee: HK\$540

Deadline: Register by 2nd Feb

\*SPECIAL\* EARLY BIRD RATE HK\$470 if paid by 27th January

## 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.



Get your groove on!! Zumba is a fresh and energetic dance cardio class incorporating movements from multiple types of dance and simplifying them so that you can easily pick them up and get moving to some great music, having loads of fun, whilst also getting fit and burning those calories!! Check out our daily Zumba classes!

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.

# JANUARY 2019 - 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)	Level 1	Yukiko
13:30-14:30	Adult BALLET	Level 2	Yukiko
18:00-19:00	Aerial Yoga	All Levels	Winney
19:00-20:00	ZUMBA	All Levels	Sandy
19:00-20:00	Fusion Belly Dance	All Levels	Binita
20:00-21:00	Bollywood Dance - Foundation	All Levels	Binita
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
19:00-20:00	ZUMBA	All Levels	Claire
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
12:30-13:30	Aerial Yoga	All Levels	Karen
13:00-14:00	JAZZ FUNK	All Levels	Sandy
18:00-19:00	Floor Barre <b>*NEW*</b>	All Levels	Kay
19:00-20:00	HIP HOP	Level 1	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	Level 2	Marco
21:00-22:00	Adult BALLET	Level 3	Boniface

## THURSDAY

12:30-13:30	Floor Barre	All Levels	Kay
13:30-14:30	Adult BALLET (Beginners)	Level 1	Kay
16:00-17:00	Pole Dance (Beginners)	Level 1	Symone
18:00-19:00	Contemporary	Level 1	Sylvie
19:00-20:00	ZUMBA <b>*NEW*</b>	All Levels	Caroline
19:00-20:00	Egyptian Belly Dance	All Levels	Shirley
20:00-21:00	Body Movement & Isolation	All Levels	Sasha
20:00-21:00	Aerial Hoop (Beginners)	Level 1	Karen
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	Acro Yoga	All Levels	Karen
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
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	Floor Barre <b>*NEW*</b>	All Levels	Kay
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	Wing

## 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	ZUMBA	All Levels	Sandy
15:30-16:30	Fusion Belly Dance	All Levels	Binita
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



## 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	Yukiko
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	Mondays	13:30-14:30	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	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	19:00	Binita
Fusion	All Levels	Sun	15:30	Binita

### BODY MOVEMENT & ISOLATION

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

Bollywood - Foundation	All Levels	Mon	20:00	Binita
Bollywood - Foundation	All Levels	Sun	13:30	Binita

### CONTEMPORARY

Level 1	Thursdays	18:00-19:00	Sylvie
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### CORE STRENGTHENING & TONING

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

All Levels	Wednesdays	18:00-19:00	<b>*NEW*</b>	Kay
All Levels	Thursdays	12:30-13:30		Kay
All Levels	Saturdays	17:30-18:30	<b>*NEW*</b>	Kay

### HIP HOP

Level 1	Wednesdays	19:00-20:00	Marco
Level 2	Wednesdays	20:00-21:00	Marco

### JAZZ FUNK

All Levels	Wednesdays	13:00-14:00	Sandy
All Levels	Sundays	14:30-15:30	Sandy

### POLE DANCE & HOOP

Pole Dance Beginners	Level 1	Thu	16:00	Symone
Aerial Hoop Beginners	Level 1	Thu	20:00	Karen
Aerial Hoop Beginners	Level 1	Sat	18:30	Wing

### 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
Aerial Yoga	All Levels	Wed	12:30	Karen
Acro Yoga	All Levels	Fri	12:30	Karen

### ZUMBA

All Levels	Mondays	12:30-13:30	Sandy	
All Levels	Mondays	19:00-20:00	Sandy	
All Levels	Tuesdays	19:00-20:00	Claire	
All Levels	Wednesdays	12:00-13:00	Sandy	
All Levels	Thursdays	19:00-20:00	<b>*NEW*</b>	Caroline
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 public holidays.

6 Jan	3:30pm	No Fusion Belly Dance	24 Jan	4pm	No Pole Dance
7 Jan	7pm	No Fusion Belly Dance	31 Jan	8pm	No Aerial Hoop
17 Jan	4pm	No Pole Dance			

This schedule is subject to change, for up-to-date class info always check [www.dancetrinity.com](http://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!

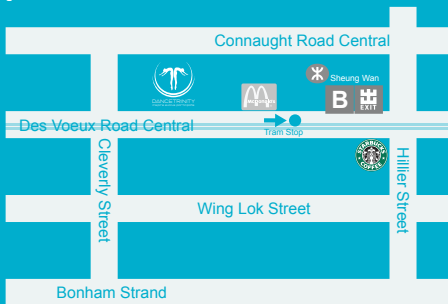
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
<b>ADULT</b>	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
<b>Under 21 (with ID)</b>	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

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

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