



DANCETRINITY
inspire evolve participate

March 2019
studio class schedule

www.dancetrinity.com

STRETCH & CONDITIONING - SASHA

LATEST NEWS!

WING TAKES OVER FROM KAREN ON THURSDAY EVENINGS WITH HER SUPER FUN AERIAL HOOP CLASS! THIS IS IN ADDITION TO HER SATURDAY CLASS SO NOW YOU CAN GET TO HER TWICE A WEEK! CHECK HER 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: 2, 9, 16 & 23 Apr

Instructor: Alexandre

Fee: HK\$750

Deadline: Register by 1st Apr

SPECIAL EARLY BIRD RATE HK\$600 if paid by 26th March

BOLLYWOOD DANCE PERFORMANCE COURSE - 2 week course

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

Dates: 14 & 28 Apr

Instructor: Binita

Fee: HK\$360

Deadline: Register by 13th Apr

SPECIAL EARLY BIRD RATE HK\$320 if paid by 7th April

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 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.

MARCH 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

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
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	Level 2	Kay
13:30-14:30	Adult BALLET (Beginners)	Level 1	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
13:00-14:00	JAZZ FUNK	All Levels	Sandy
18:00-19:00	Floor Barre	All Levels	Kay
19:00-20:00	HIP HOP	Level 1	Manchi
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	Manchi
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	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) *NEW*	Level 1	Wing
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	ZUMBA	All Levels	Claire
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
21:00-22:00	SALSA Open work	Level 2	Sasha

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	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



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	Yukiko
Level 1	Tuesdays	13:30-14:30	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	12:30-13:30	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	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	Kay
All Levels	Thursdays	12:30-13:30	Kay
All Levels	Saturdays	17:30-18:30	Kay

HIP HOP

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

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 *NEW*	Level 1	Thu	20:00	Wing
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	21:00	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
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	Caroline
All Levels	Fridays	12:30-13:30	Sandy
All Levels	Fridays	19:00-20:00	Claire
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.

3 Mar	1:30pm	No Bollywood Dance	14 Mar	4pm	No Pole Dance
	3:30pm	No Fusion Belly Dance	16 Mar	11:30am	No Core Strengthening
7 Mar	4pm	No Pole Dance	31 Mar	3:30pm	No Fusion Belly Dance

This schedule 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!

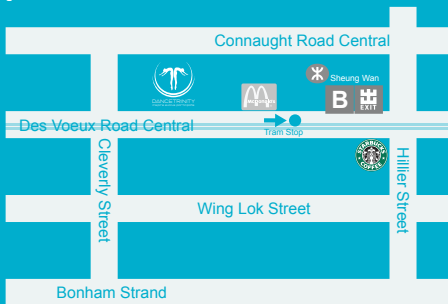
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
ADULT	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
Under 21 (with ID)	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

*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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