



DANCETRINITY  
inspire evolve participate

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September 2019  
studio class schedule

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

## STRETCH & CONDITIONING - SASHA

## LATEST NEWS!

HAPPY MID-AUTUMN FESTIVAL! DON'T FORGET THAT WE ARE OPEN DURING PUBLIC HOLIDAYS! THIS MONTH CAROLINE TAKES OVER FRIDAY ZUMBA CLASSES AND WE ARE PLEASED TO WELCOME ALESSIO TO THE TEACHING FACULTY WHO WILL BE TAKING OVER SATURDAY SALSA BEGINNER CLASSES. 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: 8, 15, 22 & 29 October

Instructor: Alessio

Fee: HK\$750

Deadline: Register by 7th October

\*SPECIAL\* EARLY BIRD RATE HK\$600 if paid by 1st October

### BOLLYWOOD DANCE PERFORMANCE COURSE - 3 week course

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

Dates: 6, 13 & 20 October

Instructor: Binita

Fee: HK\$540

Deadline: Register by 5th October

\*SPECIAL\* EARLY BIRD RATE HK\$470 if paid by 29th September

## 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.



Zumba Fitness is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning, dance fitness-party that's moving millions of people toward joy and health!

Not only does it help weight loss but also shapes the body from head to toe. You won't even realize you're exercising because it's just so much fun. Don't worry if you never danced before, as long as you're willing to move, shake, jump and laugh, you will be on your way to getting fit in no time!

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.

# SEPTEMBER 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 | JAZZ FUNK / MTV              | All Levels | Sandy   |
| 19:00-20:00 | ZUMBA                        | All Levels | Sandy   |
| 19:00-20:00 | Modern Jazz                  | Level 1    | Tomoko  |
| 20:00-21:00 | Modern Jazz                  | Level 2    | Tomoko  |
| 20:00-21:00 | Bollywood Dance - Foundation | All Levels | Binita  |
| 21:00-22:00 | Stretch & Conditioning       | All Levels | Sasha   |
| 21:00-22:00 | Dancehall                    | All Levels | Chili Q |

## 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    |
| 13:00-14:00 | JAZZ FUNK / MTV          | All Levels | Sandy    |
| 18:00-19:00 | Contemporary             | Level 1    | Cybil    |
| 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   |

## 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    |
| 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)              | 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 | Adult BALLET (Beginners)             | Level 1    | Cybil     |
| 13:30-14:30 | Adult BALLET                         | Level 2    | Cybil     |
| 16:30-17:30 | Yoga - Gentle Flow                   | All Levels | Cybil     |
| 19:00-20:00 | SALSA Beginner (Partner & Open work) | Level 1    | Alexandre |
| 19:00-20:00 | ZUMBA *NEW*                          | All Levels | Caroline  |
| 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     |
| 11:30-12:30 | Dancehall                   | All Levels | Chili Q |
| 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    | Alessio   |
| 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 / MTV                      | 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 | Fridays    | 12:30-13:30 | Cybil    |
| 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 | Fridays    | 13:30-14:30 | Cybil    |
| Level 2 | Saturdays  | 12:30-13:30 | Stephen  |
| Level 2 | Sundays    | 11:30-12:30 | 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 |
|------------|-----------|-------------|-------|

### BOLLYWOOD DANCE

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

### CONTEMPORARY

|         |            |             |       |
|---------|------------|-------------|-------|
| Level 1 | Wednesdays | 18:00-19:00 | Cybil |
|---------|------------|-------------|-------|

### CORE STRENGTHENING & TONING

|            |           |             |     |
|------------|-----------|-------------|-----|
| All Levels | Saturdays | 11:30-12:30 | Jay |
|------------|-----------|-------------|-----|

### DANCEHALL

|            |           |             |         |
|------------|-----------|-------------|---------|
| All Levels | Mondays   | 21:00-22:00 | Chili Q |
| All Levels | Saturdays | 11:30-12:30 | Chili Q |

### FLOOR BARRE

|            |           |             |     |
|------------|-----------|-------------|-----|
| 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 / MTV

|            |            |             |       |
|------------|------------|-------------|-------|
| All Levels | Mondays    | 18:00-19:00 | Sandy |
| All Levels | Wednesdays | 13:00-14:00 | Sandy |
| All Levels | Sundays    | 14:30-15:30 | Sandy |

### MODERN JAZZ

|         |         |             |        |
|---------|---------|-------------|--------|
| Level 1 | Mondays | 19:00-20:00 | Tomoko |
| Level 2 | Mondays | 20:00-21:00 | Tomoko |

### POLE DANCE & HOOP

|                       |         |     |       |        |
|-----------------------|---------|-----|-------|--------|
| Pole Dance Beginners  | Level 1 | Thu | 16:00 | Symone |
| Aerial Hoop Beginners | 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 | Alessio   |

|                                |            |     |       |           |
|--------------------------------|------------|-----|-------|-----------|
| 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 | 21:00 | 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

|             |            |     |       |       |
|-------------|------------|-----|-------|-------|
| Gentle Flow | All Levels | Fri | 16:30 | Cybil |
|-------------|------------|-----|-------|-------|

### 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 | *NEW* Caroline |
| 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.

|        |         |                |        |        |                      |        |        |                |
|--------|---------|----------------|--------|--------|----------------------|--------|--------|----------------|
| 1 Sep  | 1:30pm  | No Bollywood   | 15 Sep | 1:30pm | No Latin Ballroom    | 23 Sep | 6pm    | No Jazz Funk   |
|        | 3:30pm  | No Belly Dance |        | 2:30pm | No Standard Ballroom | 26 Sep | 4pm    | No Pole Dance  |
| 5 Sep  | 4pm     | No Pole Dance  | 18 Sep | 1pm    | No Jazz Funk         | 29 Sep | 1:30pm | No Bollywood   |
| 7 Sep  | 11:30am | No Dancehall   | 22 Sep | 2:30pm | No Jazz Funk         | 29 Sep | 3:30pm | No Belly Dance |
| 14 Sep | 11:30am | No Dancehall   |        |        |                      |        |        |                |

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!

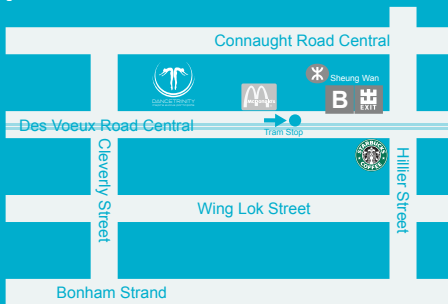
|                               | WALK IN<br>1 class | 5 CLASS PASS<br>2 Week Expiry | 8 CLASS PASS<br>1 Month Expiry | 3 Month Expiry   | UNLIMITED PASS<br>1 Month Expiry |
|-------------------------------|--------------------|-------------------------------|--------------------------------|------------------|----------------------------------|
| <b>ADULT</b>                  | HK\$180            | HK\$680                       | HK\$1200                       | HK\$1300         | HK\$2880                         |
| <b>Under 21<br/>(with ID)</b> | HK\$120<br>\$80    | HK\$510<br>\$300              | HK\$800<br>\$520               | HK\$870<br>\$580 | HK\$2000<br>\$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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 [facebook.com/dancetrinityhk](https://www.facebook.com/dancetrinityhk)

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