



DANCETRINITY  
inspire evolve participate

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April 2020  
studio class schedule

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



## STRETCH & CONDITIONING - SASHA

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### 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.

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#### SALSA ABSOLUTE BEGINNERS - 4 week course

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

Dates: 5, 12, 19 & 26 May

Instructor: Alexandre

Fee: HK\$750

Deadline: Register by 4th May

\*SPECIAL\* EARLY BIRD RATE HK\$600 if paid by 28th April

#### INTRODUCTION TO TANGO COURSE - 4 week course

Day/Time: SATURDAYS 15:30 - 16:30

Dates: 9, 16, 23 & 30 May

Instructor: Eliana

Fee: HK\$850

Deadline: Register by 8th May

\*SPECIAL\* EARLY BIRD RATE HK\$700 if paid by 2nd May

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### 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.

## LATEST NEWS!

BUILD UP YOUR STAMINA, CORE STRENGTH AND STAY HEALTHY WITH OUR AWESOME DANCE AND FITNESS CLASSES! THIS MONTH WE ARE HAPPY TO BE ADDING A NEW LATIN BALLROOM CLASS ON WEDNESDAYS FROM MARIA. MAKE SURE YOU CHECK HER AWESOME CLASSES OUT!



BALLROOM  
- MARIA

Learn the passion, control and explosive movement of Latin American ballroom dancing and the grace and poise of Standard Ballroom from our newest instructor Maria on Wednesdays 6pm, Sundays 1:30pm and 2:30pm.

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.

# APRIL 2020 - 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	Bachata - Sensual	All Levels	Shirley	
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	SALSA 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	Ballroom - Latin	*NEW*	All Levels	Maria
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	
16:00-17:00	ZUMBA	All Levels	Angy	
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	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	
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	SALSA Partner work	Level 3	Alexandre	
17:30-18:30	ZUMBA	All Levels	Angy	
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	Maria	
14:30-15:30	Ballroom - Standard	All Levels	Maria	
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				
Moderna	Level 1	Tue	20:00	Eman
Moderna	Level 1	Sun	19:30	Eman
Moderna	Level 2	Sun	18:30	Eman
Sensual	All Levels	Mon	21:00	Shirley

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	*NEW*	All Levels	Wed	18:00	Maria
Latin American		All Levels	Sun	13:30	Maria
Standard		All Levels	Sun	14:30	Maria

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

FLOOR BARRE				
All Levels	Thursdays	12:30-13:30		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	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				
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	16:00-17:00		Angy
All Levels	Fridays	19:00-20:00		Caroline
All Levels	Saturdays	14:30-15:30		Sandy
All Levels	Saturdays	17:30-18:30		Angy
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.

5 Apr	3:30pm	No Fusion Belly Dance
12 Apr	2:30pm	No Jazz Funk
14 Apr	8pm	No Bachata

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!

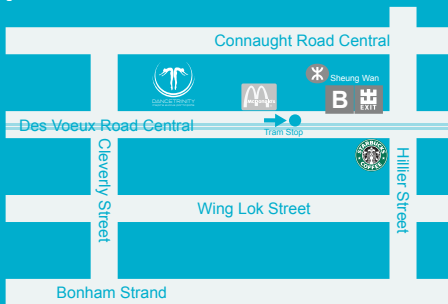
	WALK IN 1 class	5 CLASS PASS 2 Week Expiry	8 CLASS PASS 1 Month Expiry	3 Month Expiry	UNLIMITED PASS 1 Month Expiry
<b>ADULT</b>	HK\$180	HK\$680	HK\$1200	HK\$1300	HK\$2880
<b>Under 21 (with ID)</b>	HK\$120 \$80	HK\$510 \$300	HK\$800 \$520	HK\$870 \$580	HK\$2000 \$1500

\*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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