

COLLECTIVE dance/fitness

ADULT/TEENS 16YRS+ TIMETABLE – SUMMER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
FOR HIRE	FOR HIRE	PILATES mat <i>drop in</i> 9.45-10.45am Level 1/2 DH		BALLET BODY FITNESS 10-10.45am Level 1/2/3 <i>drop in DH</i>	FOR HIRE
(teen-21yrs) MAJOR TECHNICAL JAZZ 6.30-7.45pm Level 3 DH <i>10 week course £97 drop in £10</i>		BALLET <i>drop in</i> 10.45-11.45am Level 1/2/3 DH	FOR HIRE UNTIL 3.30PM	ARBTA Teacher Training 11-12pm DH	Please wear appropriate clothing for the subject chosen. Please no outdoor shoes in the dance studio. If you would like advice on any of the classes on offer please contact us.
(teen-21yrs) MAJOR BALLET 7.45-9pm Level 3 7.45-9pm DH <i>10 week course £97 /drop in £10</i>	FOR HIRE UNTIL 3.30PM	ARBTA Teacher training 12-1pm DH (teen-21yrs) MAJOR BALLET 5.50–7.05pm Level 3 <i>10 week course £97/drop in £10 SW</i>		FOR HIRE UNTIL 3.30PM	
		(teen-21 yrs) CONTEMPORARY 8.20-9.20PM Level 3 <i>10 week course £92/drop in £7 SW</i>			
		NEW BEGINNERS CONTEMPORARY Level 1 8.20-9.20PM Drop in £7 SW	NEW JAZZ DANCE Level 2/3 8.30-9.30pm Drop in £7 DH		

Drop in sessions: **£7** each *or* buy 5 get 1 free unless otherwise stated

Run by qualified instructors

SW – Sue Wright

DH – Debra Hemmings

Please contact individual guest instructors for course details

NEW SESSIONS COMING SOON

LEVEL 1: *Basic General technique and knowledge with the emphasis on fun and fitness.*

LEVEL 2: *A more technical understanding and experience required.*

LEVEL 3: *A more advanced level of technique and experience required.*