

COLLECTIVE **dance/fitness**

ADULT/TEENS 16YRS+ TIMETABLE – AUTUMN 2020

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-20yrs) 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	TAP FIT 11-11.45am Level 2/3 <i>drop in DH</i>	Please wear appropriate clothing for the subject chosen. Please no outdoor shoes in the dance studio.
(teen-20yrs) 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 12-2pm 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	If you would like advice on any of the classes on offer please contact us.
		(teen-20yrs) CONTEMPORARY 8.20-9.20PM Level 3 <i>10 week course £92/drop in £7 SW</i>			
		COMING SOON BEGINNERS CONTEMPORARY Level 1 8.20-9.20PM Drop in £7 SW			

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.*

Collective
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