

COLLECTIVE dance/fitness

ADULT/TEENS 16YRS+

TIMETABLE – AUTUMN 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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>	(17+20yrs) ADV BALLET 8-9.15am Level 3 10 weeks £98 DH
(16-20yrs) MAJOR BALLET INTER LEVEL 6.30-7.45pm Level 3 DH 10 weeks £98		BALLET <i>drop in</i> 10.55 – 11.55am 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. If you would like advice on any of the classes on offer please contact us.
(16-20yrs) MAJOR JAZZ INTER/ADV 7.45-9pm Level 3 DH 10 weeks £98		(16-20yrs) MAJOR BALLET INTER 5.50–7.05pm Level 3 <i>10 week course £98</i> SW			
		(16-20yrs) CONTEMPORARY 8.20-9.20pm Level 3 10 weeks £90 SW	(17+yrs) ADV BALLET Level 3 1.70-8.45pm <i>10 weeks £98</i> DH		
Drop in sessions: £8 each <i>or</i> Buy 5 get 1 FREE Run by qualified instructors SW – Sue Wright DH – Debra Hemmings				LEVEL 1: <i>Basic General technique and knowledge with the emphasis on fun and fitness.</i> LEVEL 2: <i>A more technical understanding and experience required.</i> LEVEL 3: <i>A more advanced level of technique and experience required.</i>	
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