

COLLECTIVE

Adult Dance/Fitness

Locations	
Collective Studio Rectory Lane Rickmansworth WD3 1FD	Blackwell's Studio 10 The Common Chipperfield WD4 9BS

Drop-in sessions: £8 each or Buy 5 get 1 FREE!

Timetable - 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
DanceFit 10:15-11:15am Level 1/2/3 Drop in KS Blackwell's Studio	DanceFit 10:15-11:15am Level 1/2/3 Drop in KS Collective Studio	Pilates 9:45-10:45am Level 1/2 Drop in DH Collective Studio		BalletBodyFitness 10:00-10:45am Level 1/2/3 Drop in DH Collective Studio
		Adult Ballet 10:55-11:55am Level 1/2/3 Drop in DH Collective Studio		TapFit 10:55-11:55am Level 2/3 Drop in DH Collective Studio

Please wear appropriate clothing for the chosen subject chosen. Please no outdoor shoes in the studios.

*Sessions run by qualified instructors **DH (Debra Hemming)** and **KS (Katie Sansom)***

Class Levels:

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

If you would like advise on any of the classes, please contact us!

Email: info@collectivedance.co.uk or Phone: [02084 20037](tel:0208420037)