

CLASS TIMETABLE

Saturday 5 January - Sunday 21 July 2019

Class	Time	Age	Level
Hang Aerial	10-11am	55+	All
Ballet	12.15-1.15pm	Adult	Improvers
In Motion	1.30-2.30pm	16+	Admits parent/carer
Tap	2.45-3.45pm	55+	Advanced
Ballet	4-5.30pm	55+	Advanced
Ballet	5-6pm	Adult	Beginners
Vinyasa Flow Yoga	5.45-6.45pm	Adult	Beginners
Ashtanga Yoga	6-7pm	Adult	Full Primary Series
Pilates	6-7pm	Adult	All
Street	6.30-7.30pm	Adult	Beginners
Salsa	7-8pm	Adult	All
Pilates	7-8pm	Adult	All
Contemporary	7.30-9pm	Adult	Beginners
Ballet	8-9pm	Adult	Beginners
Barre	9.30-10.30am	Adult	Beginners
Tap Beginners	12-1pm	55+	Beginners
Flamenco	5.30-6.30pm	Adult	Beginners
Afro Mix	5.30-6.30pm	Adult	All
Fitsteps	5.30-6.30pm	Adult	Beginners
Flamenco	6.30-7.30pm	Adult	Intermediate
Musical Theatre	6.30-7.30pm	Adult	All
Ballroom	6.30-7.30pm	Adult	Beginners
Ballroom	7.30-8.30pm	Adult	Absolute Beginners
Jazz	7.30-8.30pm	Adult	All
Pilates	11am-12pm	55+	Beginners
Pilates	12-1pm	Adult	All
Ballroom and Latin American	1.30-2.30pm	55+	All
Ashtanga Yoga	6-7pm	Adult	Intermediate Series
Egyptian Belly Dance	6-7pm	Adult	Beginners
Tap	6-7pm	Adult	Beginners
Egyptian Belly Dance	7-8pm	Adult	Intermediate
House	7-8pm	Adult	All
Street	7-8pm	Adult	Intermediate
Tap	7-8pm	Adult	Intermediate

All information is correct at time of print and subject to change. Please see www.dancecity.co.uk for updates.

6

Monday

Tuesday

Wednesday

Class	Time	Age	Level
Ballet	12-1pm	55+	Improvers
Slow Flow Yoga	1-2pm	55+	Beginners
Ballet	5-6pm	Adult	Beginners
Barre	5.30-6.30pm	Adult	Beginners
Flamenco	6-7pm	Adult	Beginners
Ballet	6-7pm	Adult	Intermediate
Dance Workout	6.30-7.30pm	Adult	All
Tango	7-8pm	Adult	All
Contemporary	7-8.30pm	Adult	All
Ballet	7-8.30pm	Adult	Advanced
Capoeira	7.30-8.30pm	Adult	All

Thursday

Class	Time	Age	Level
Get Moving	11.15am-12.15pm	All	Admits carer
Tap	12.30-1.30pm	55+	Intermediate
Fitsteps 55+	1.45-2.45pm	55+	Beginners
Ballet Primary	4.30-5.30pm	4-6	All
Afro Mix	5-6pm	Adult	All
Boys Moves	5-6pm	7-15	All
Teen Ballet	5-6pm	11-15	All
Ballet Junior	5.30-6.30pm	7-11	All
Bollywood	6-7pm	Adult	All
Contemporary	6-7pm	11-15	All
Urban Vibes	6-7pm	Adult	All

Friday

Class	Time	Age	Level
Ballet Primary	9.30-10.30am	4-6	All
Hip Hop	9.30-10.30am	7-11	All
Contemporary Club	10am-11am	7-11	Beginners
Tiny Tappers	10-11am	4-8	All
Hip Hop	10.30-11.30am	11-15	All
Ballet Junior	10.30-11.30am	7-11	All
Contemporary Club	11am-12pm	7-11	Improvers
Creative Break 1	11am-12pm	7-11	All
DC Youth Company	11.30am-1pm	11-15	Audition only
Saturday Dance Club	11.30am-1pm	7-11	All
Creative Break 2	12-1pm	11-15	All
Pop Steps	12-1pm	4-6	All
Active Birth Yoga for Pregnancy	2-3.30pm		See website for details
Girlz Only	1-2pm	11-15	All

Saturday

Class	Time	Age	Level
Contemporary	10.30-11.30am	55+	All
Ballet	11.30am-12.30pm	Adult	All
Ballet	12.30-1.30pm	55+	Beginners
Vinyasa Flow Yoga	1.30-2.30pm	Adult	All

Sunday

7