

CLASS TIMETABLE

Monday 8 January
- Sunday 24 March



Monday

Class	Time	Age	Level
In Motion	11.00-12.00pm	Adult	Admits parent/carer
Slow Flow Yoga	12.30-1.30pm	Adult	All
Commercial	5.30-6.30pm	Adult	All
Pilates	5.30-6.30pm	Adult	All
Pilates	6.30-7.30pm	Adult	All
Contemporary	6.30-7.30pm	Adult	Beginners
Salsa	6.30-7.30pm	Adult	Improvers
Ballet	7.30-8.30pm	Adult	Improvers
Contemporary	7.30-8.30pm	Adult	Improvers
Salsa	7.30-8.30pm	Adult	Beginners

Tuesday

Tap	12.00-1.00pm	55+	Beginners
Tap	1.00-2.00pm	55+	Beginners
Dynamic Flow Yoga NEW	4.30-5.30pm	Adult	All
Fitsteps	5.30-6.30pm	Adult	All
Vinyasa Flow Yoga	5.30-6.30pm	Adult	All
Musical Theatre	6.30-7.30pm	Adult	All
Ballroom	6.30-7.30pm	Adult	Beginners
Jazz	7.30-8.30pm	Adult	All
Ballroom	7.30-8.30pm	Adult	Improvers

Wednesday

Ballroom & Latin NEW	12.30-1.30pm	55+	All
Ballroom & Latin	1.30-2.30pm	55+	All
Tap Show Class	2.30-3.30pm	55+	Improvers/Advanced
Egyptian Belly Dance	5.30-6.30pm	Adult	Beginners
Afro Mix	6.00-7.00pm	Adult	All
Tap	6.30-7.30pm	Adult	Beginners
Egyptian Belly Dance	7.00-8.00pm	Adult	Improvers
Tap	7.30-8.30pm	Adult	Improvers
Hip Hop	7.30-8.30pm	Adult	Improvers

Thursday

Class	Time	Age	Level
Ballet	12.00-1.00pm	55+	Improvers
Ballet	1.00-2.00pm	55+	Beginners
Contemporary Flow	2.15-3.15pm	55+	All
Ballet	5.00-6.00pm	Adult	Beginners
Brazilian Samba* NEW	5.00-6.00pm	Adult	Beginners
Cabaret Heels	6.00-7.00pm	Adult	All
Dance Workout	6.30-7.30pm	Adult	All
Vogue	6.00-7.00pm	Adult	All
Hip Hop	7.00-8.00pm	Adult	Beginners
Commercial Heels	7.00-8.00pm	Adult	All

Friday

Boogie Boppers	9.30-10.30am	18m-3.5yrs	All
Boogie Babies	11.00-12.00pm	0-17m	All
Get Moving	11.15-12.15pm	Adult	Admits companion
Tap	12.30-1.30pm	55+	Improvers
Fitsteps	1.45-2.45pm	55+	All
Ballet Primary	4.30-5.30pm	4-6	All
Flamenco	6.00-7.00pm	Adult	Beginners
Bollywood	6.00-7.00pm	Adult	All

Saturday

Ballet Primary	9.30-10.30am	4-6	All
Hip Hop	9.30-10.30am	7-11	All
Contemporary Club	10.00-11.00am	7-11	Beginners
Ballet Junior	10.30-11.30am	7-11	All
Hip Hop	10.30-11.30am	12-17	All
Contemporary Club	11.00-12.00pm	7-11	Improvers
Breaking	11.00-12.00pm	7-11	Beginners
Breaking	12.00-1.00pm	7-11	Improvers
Pop Steps	12.00-1.00pm	4-6	All
Contemporary Fusion	12.00-1.00pm	12-17	All

Sunday

Ballet	10.30-11.30am	Adult	Beginners
Pilates / Stretch	10.30-11.30am	Adult	All
Ballet	11.30-12.30pm	Adult	Improvers
Ballet Choreography	12.45-1.45pm	Adult	Improvers

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

* Starts in February