

CLASS TIMETABLE

Monday 8 March*
- Sunday 21 July

SCAN THE
QR CODE
TO BOOK
ONLINE:



Monday

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


Wednesday

Ballroom & Latin	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
Egyptian Belly Dance	6.30-7.30pm	Adult	Improvers
Tap	6.30-7.30pm	Adult	Beginners
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	5.00-6.00pm	Adult	Beginners
Cabaret Heels	6.00-7.00pm	Adult	All
Dance Workout	6.30-7.30pm	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	11.00am-12.00pm	0-17m	All
Fitsteps 	11.15am-12.15pm	55+	All
Get Moving	11.15am-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	11.00am-12.00pm	7-11	Improvers
Breaking	11.00am-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	11.30am-12.30pm	Adult	Improvers
Ballet Choreography	12.45-1.45pm	Adult	Improvers

*Please note Dance City is closed on Bank Holidays. All information is correct at time of print and subject to change. Please see dancecity.co.uk for updates.

SUMMER WORKSHOPS

FLAMENCO

Flamenco Improvers (Adult)

Every Saturday
11.00am | 90 mins
£12.00



ADVANCED BALLET

Advanced Ballet (Adult)

Every Friday
5.30pm | 90 mins
£12.00

AERIAL

Hang Aerial (55+)

Monday 15 April, 20 May,
17 June & 8 July
9.30am | 75 mins
£12.00

Hang Aerial (18+)

Sunday 14 April, 19 May,
30 June & 21 July
3.30pm | 90 mins
£20.00

Hang out and Dance (11 and under)

Sunday 14 April, 19 May,
30 June & 21 July
1.00pm | 60 mins
£8.00

Hang out and Dance (12+)

Sunday 14 April, 19 May,
30 June & 21 July
2.15pm | 60 mins
£8.00

