

SPRING TIMETABLE

2026

5 January - 29 March 2026



MONDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
In Motion	11:00-12:00pm	60 minutes	Adult	For those with additional needs	£8.00*	N/A	£7.50
Slow Flow Yoga	12:30-1:30PM	60 minutes	Adult	All	£7.00	N/A	N/A
Argentine Tango	5:00-6:00pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
Pilates with Alex Mitchenson	5:00-6:00pm	60 minutes	Adult	All	£7.00	N/A	N/A
Commercial Improvers	5:30-6:00pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Ballet Improvers	6:00-7:00pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Contemporary Beginners	6:30-7:30pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Commercial Back to Basics	6:30-7:30pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Contemporary Improvers	7:30-8:30pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Salsa Improvers	7:00-8:00pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Salsa Beginners	8:00-9:00pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50

*Price includes 1x carer

TUESDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Ballet Improvers	12:00-1:00pm	60 minutes	55+	Improvers/ Advanced	£10.00	£8.00	£7.50
Tap Beginners	12:00-1:00pm	60 minutes	55+	Beginners	£10.00	£8.00	£7.50
Tap Beginners	1:00-2:00pm	60 minutes	55+	Beginners	£10.00	£8.00	£7.50
Contemporary Flow	1:15-2:15pm	60 minutes	55+	All	£10.00	£8.00	£7.50
Vinyasa Flow Yoga	5:30-6:30pm	60 minutes	Adult	All	£7.00	N/A	N/A
Fitsteps	5:30-6:30pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
Musical Theatre	6:30-7:30pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
Ballroom Beginners	6:30-7:30pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Ballroom Improvers	7:30-8:30pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Commercial Beginners	7:30-8:30pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50

WEDNESDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Ballroom & Latin	12:30-1:30pm	60 minutes	55+	Beginner	£10.00	£8.00	£7.50
Ballroom & Latin	1:30-2:30pm	60 minutes	55+	Improver	£10.00	£8.00	£7.50
Tap Show Class	2:30-3:30pm	60 minutes	55+	Improvers/Advanced	£10.00	£8.00	£7.50
Tai Chi	5:00-6:00pm	60 minutes	Adult	All	£7.00	N/A	N/A
Egyptian Belly Dance	5:30-6:30pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Tap Absolute Beginner	6:00-7:00pm	60 minutes	Adult	Absolute Beginners	£10.00	£8.00	£7.50
Egyptian Belly Dance	6:30-7:30pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Afro Mix	7:00-8:00pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
Tap Improver	7:00-8:00pm	60 minutes	Adult	Improver	£10.00	£8.00	£7.50
Tap Advanced	8:00-9:00pm	60 minutes	Adult	Advanced	£10.00	£8.00	£7.50
Hip Hop	8:00-9:00pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50

THURSDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Line Dancing	11:00-12:00pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Ballet Improvers	12:00-1:00pm	60 minutes	55+	Improvers	£10.00	£8.00	£7.50
Ballet Beginners	1:00-2:00pm	60 minutes	55+	Beginners	£10.00	£8.00	£7.50
Ballet Beginners	5:00-6:00pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Contemporary Advanced	5:30-7:00pm	90 minutes	Adult	Advanced	£13.50	£12.00	£10.00
Dance Workout	6:00-7:00pm	60 minutes	Adult	All	£7.00	N/A	N/A
Cabaret Heels	6:00-7:00pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
Zumba	7:00-8:00pm	60 minutes	Adult	All	£7.00	N/A	N/A
Hip Hop Absolute Beginners	7:00-8:00pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Commercial Heels	7:00-8:00pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
Flamenco Improvers	7:00-8:00pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50

SPRING TIMETABLE

2026

5 January - 29 March 2026



FRIDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Boogie Boppers	9:30-10:30am	60 minutes	18 months - 3.5yrs	All	£8.75*	£7.00	£6.75
Bop and Bond	9:45-10:30am	90 minutes	Adult + baby	All	£5.00	N/A	N/A
Tap Improvers	12:30-1:30pm	60 minutes	55+	Improvers	£10.00	£8.00	£7.50
Fitsteps	1:45-2:45pm	60 minutes	55+	All	£10.00	£8.00	£7.50
Ballet Advanced	5:30-7:00pm	90 minutes	Adult	Advanced	£13.50	£12.00	£10.00
Bollywood	6:00-7:00pm	60 minutes	Adult	All	£10.00	£8.00	£7.50

*Price includes 1x carer

SATURDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Pop Steps	9:00-10:00am	60 minutes	4 - 6yrs	All	£8.75	£7.00	£6.75
Hip Hop	9:30-10:30am	60 minutes	7 - 11yrs	All	£8.75	£7.00	£6.75
Ballet Primary	10:00-11:00am	60 minutes	4-6yrs	All	£8.75	£7.00	£6.75
Showtime Steps: Musical Theatre	10:00-11:00am	60 minutes	7-11yrs	All	£8.75	£7.00	£6.75
Hip Hop	10:30-11:30am	60 minutes	12-17yrs	All	£8.75	£7.00	£6.75
Ballet Junior	11:00-12:00pm	60 minutes	7 - 11yrs	All	£8.75	£7.00	£6.75
Contemporary Club	11:00-12:00pm	60 minutes	7 - 11yrs	Improvers	£8.75	£7.00	£6.75
Breaking	11:00-12:00pm	60 minutes	7 - 11yrs	Beginners	£8.75	£7.00	£6.75
Contemporary Fusion	12:00-1:00pm	60 minutes	12-17yrs	Improvers	£8.75	£7.00	£6.75

SUNDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Pilates Barre Sculpt	10:00-11:00am	60 minutes	Adult	All	£7.00	N/A	N/A
Ballet Beginners	10:30-11:30am	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Pilates/Stretch	10:30-11:30am	60 minutes	Adult	All	£10.00	£8.00	£7.50
Ballet Improvers	11:30-12:30pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Absolute Beginners Ballet	12:30-1:30pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50