

Autumn Timetable

7 September - 18 December 2026



MONDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
In Motion	11:30-12:30pm	60 minutes	Adult	For those with additional needs	£9* *Price includes 1x carer	N/A	£8.25
Slow Flow Yoga	12:00-1:00pm	60 minutes	Adult	All	£11	£9	£8.25
Argentine Tango	5:00-6:00pm	60 minutes	Adult	All	£11	£9	£8.25
Pilates with Alex Mitchenson	5:00-6:00pm	60 minutes	Adult	All	£11	£9	£8.25
Commercial Improvers	5:30-6:30pm	60 minutes	Adult	Improvers	£11	£9	£8.25
Ballet Improvers	6:00-7:00pm	60 minutes	Adult	Improvers	£11	£9	£8.25
Adult Breaking 18+	6:00-7:00pm	60 minutes	Adult	Beginners	£11	£9	£8.25
Contemporary Beginners	6:30-7:30pm	60 minutes	Adult	Beginners	£11	£9	£8.25
Commercial Back to Basics	6:30-7:30pm	60 minutes	Adult	Beginners	£11	£9	£8.25
Salsa Improvers	7:00-8:00pm	60 minutes	Adult	Improvers	£11	£9	£8.25
Contemporary Improvers	7:30-8:30pm	60 minutes	Adult	Improvers	£11	£9	£8.25
Salsa Beginners	8:00-9:00pm	60 minutes	Adult	Beginners	£11	£9	£8.25
Hang Aerial (55+) Workshop	9:30-10.45am	75 minutes	55+	All	£14.50	£12.50	N/A
Milonga Workshop	7:00-8:30pm	90 minutes	Adult	All	£15	£13	N/A
See website for dates and availability							

TUESDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Ballet Improvers/Advanced	12:00-1:00pm	60 minutes	55+	Improvers/ Advanced	£11	£9	£8.25
Tap Beginners	12:00-1:00pm	60 minutes	55+	Beginners	£11	£9	£8.25
Tap Beginners	1:00-2:00pm	60 minutes	55+	Beginners	£11	£9	£8.25
Contemporary Flow	1:15-2:15pm	60 minutes	55+	All	£11	£9	£8.25
Vinyasa Flow Yoga	5:30-6:30pm	60 minutes	Adult	All	£11	£9	£8.25
Fitsteps	5:30-6:30pm	60 minutes	Adult	All	£11	£9	£8.25
Ballroom Beginners	6:30-7:30pm	60 minutes	Adult	Beginners	£11	£9	£8.25
Ballroom Improvers	7:30-8:30pm	60 minutes	Adult	Improvers	£11	£9	£8.25
Commercial Beginners	7:30-8:30pm	60 minutes	Adult	Beginners	£11	£9	£8.25

WEDNESDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Ballroom & Latin Beginners	12:30-1:30pm	60 minutes	55+	Beginner	£11	£9	£8.25
Ballroom & Latin Improvers	1:30-2:30pm	60 minutes	55+	Improver	£11	£9	£8.25
Tap Show Class	2:30-3:30pm	60 minutes	55+	Improvers/Advanced	£11	£9	£8.25
Tai Chi	5:00-6:00pm	60 minutes	Adult	All	£11	£9	£8.25
Egyptian Belly Dance Level 1	5:30-6:30pm	60 minutes	Adult	Beginners	£11	£9	£8.25
Tap Absolute Beginner	6:00-7:00pm	60 minutes	Adult	Absolute Beginners	£11	£9	£8.25
Egyptian Belly Dance Level 2	6:30-7:30pm	60 minutes	Adult	Improvers	£11	£9	£8.25
Afro Mix	7:00-8:00pm	60 minutes	Adult	All	£11	£9	£8.25
Tap Improver	7:00-8:00pm	60 minutes	Adult	Improver	£11	£9	£8.25
Hip Hop	8:00-9:00pm	60 minutes	Adult	Improvers	£11	£9	£8.25
Tap Advanced	8:00-9:00pm	60 minutes	Adult	Advanced	£11	£9	£8.25

THURSDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Ballet Improvers	12:00-1:00pm	60 minutes	55+	Improvers	£11	£9	£8.25
Ballet Beginners (55+)	1:00-2:00pm	60 minutes	55+	Beginners	£11	£9	£8.25
Ballet Beginners	5:00-6:00pm	60 minutes	Adult	Beginners	£11	£9	£8.25
Dance Workout	6:00-7:00pm	60 minutes	Adult	All	£11	£9	£8.25
Bollywood	6:00-7:00pm	60 minutes	Adult	All	£11	£9	£8.25
Cabaret Heels	6:00-7:00pm	60 minutes	Adult	All	£11	£9	£8.25
Contemporary Advanced	6:00-7:00pm	60 minutes	Adult	Advanced	£11	£9	£8.25
Commercial Heels	7:00-8:00pm	60 minutes	Adult	All	£11	£9	£8.25
Hip Hop Absolute Beginners	7:00-8:00pm	60 minutes	Adult	Beginners	£11	£9	£8.25
Zumba	7:00-8:00pm	60 minutes	Adult	All	£11	£9	£8.25



CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Boogie Boppers	9:30-10:30am	60 minutes	18 months - 3.5yrs	All	£9.50*	N/A	£7.50
Bop and Bond	10:45-11:45am	60 minutes	Adult + baby	All	£5.50	N/A	N/A
Tap Improvers	12:30-1:30pm	60 minutes	55+	Improvers	£11	£9.00	£7.50
Fitsteps	1:45-2:45pm	60 minutes	55+	All	£11	£9.00	£7.50
Ballet Advanced	5:30-7:00pm	90 minutes	Adult	Advanced	£15	£13.00	£11.50
Contemporary Improvisation (Once per month)	5:30-7:00pm	90 minutes	Adult	All	£15	£13.00	£11.50

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Pop Steps	9:00-10:00am	60 minutes	4 - 6yrs	All	£9.50	£7.75	£7.50
Hip Hop	9:30-10:30am	60 minutes	7 - 11yrs	All	£9.50	£7.75	£7.50
Ballet Primary	10:00-11:00am	60 minutes	4-6yrs	All	£9.50	£7.75	£7.50
Showtime Steps: Musical Theatre	10:00-11:00am	60 minutes	7-11yrs	All	£9.50	£7.75	£7.50
Hip Hop	10:30-11:30am	60 minutes	12-17yrs	All	£9.50	£7.75	£7.50
Breaking Beginners	11:00-12:00pm	60 minutes	7 - 11yrs	Beginners	£9.50	£7.75	£7.50
Contemporary Club Improvers	11:00-12:00pm	60 minutes	7 - 11yrs	Improvers	£9.50	£7.75	£7.50
NEW! Teen Ballet	11:00-12:00pm	60 minutes	12-17 yrs	Beginners	£9.50	£7.75	£7.50
Ballet Junior	12:00-1:00pm	60 minutes	7-11yrs	Beginners	£9.50	£7.75	£7.50
Break City (4 week)	12:00-1:30pm	90 minutes	7-16yrs	All	£70*	N/A	N/A
Break City (2 week)	12:00-1:30pm	90 minutes	7-16yrs	All	£35*	N/A	N/A
Contemporary Fusion	12:00-1:00pm	60 minutes	12-17yrs	Improvers	£9.50	£7.75	£7.50

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
NEW! Pilates Barre Sculpt	10:00-11:00am	60 minutes	Adult	All	£11	£9.00	£8.25
Ballet Beginners	10:30-11:30am	60 minutes	Adult	Beginners	£11	£9.00	£8.25
Pilates/Stretch	11:00-12:00pm	60 minutes	Adult	All	£11	£9.00	£8.25
Ballet Improvers	11:30-12:30pm	60 minutes	Adult	Improvers	£11	£9.00	£8.25
Absolute Beginners Ballet	12:30-1:30pm	60 minutes	Adult	Improvers	£11	£9.00	£8.25
Hang Out and Dance (Age up to 11yrs)	1:00-2:00pm	60 minutes	Up to 11yrs	All	£9.50	£7.75	N/A
Hang Out and Dance (12yrs+)	2:15-3:15pm	60 minutes	12yrs+	All	£9.50	£7.75	N/A
Hang Aerial (Adults)	3:30-5:00pm	90 minutes	Adult	All	£24	£18	N/A
See website for dates and availability							