

ADULT CLASSES TIMETABLE

MONDAY

STUDIO 1

10am FLOWETIC UK's newest dance fitness programme with Just Dance UK

STUDIO 1

7pm STREET SESSIONS COURSE

STUDIO 2

7.15pm PILATES with Sharon

TUESDAY

STUDIO 2

9.30am PILATES with Sharon

STUDIO 1

7pm BALLETT with Ysabelle

STUDIO 2

7.15pm STREET FITNESS with Jerry

STUDIO 3

8pm POLE POSITION with Annalou

WEDNESDAY

STUDIO 1

7pm FLOWETIC UK's newest dance fitness programme with Just Dance UK

STUDIO 3

7PM TOTAL BODY FITNESS with Nakuja

STUDIO 1

8pm STREET DANCE with Vicky B

STUDIO 3

8pm YOGA with Janet

THURSDAY

STUDIO 1

4.30pm – 7.45pm GRADE 5- INTER BALLETT with Conan

STUDIO 1

7pm – ADULT BALLETT with Conan General level

STUDIO 3

7.30-9.30pm - TAI CHI

SATURDAY

10-4.30pm DANCE COMPANY PERFORMING ARTS SCHOOLclasses for children & teenagers

SUNDAY

STUDIO 1

10am ADULT BALLETT with Conan General level

STUDIO 3

10am TOTAL BODY FITNESS with Nakuja

PLEASE CONTACT INDIVIDUAL COACHES ON THE NUMBERS BELOW

DANIEL

07713894859

YSABELLE

07870 689687

SHARON

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STREET SESSIONS

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VICKYB

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CONAN

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TAICHI

07852 756208

DANCE COMPANY PERFORMING ARTS SCHOOL

02084022424

JUST DANCE UK (FLOWETIC)

07522231446/07967304844

JERRY

07539539149

ANNALOU

07739591265

**PLEASE CALL 02084022424 OR EMAIL info@dancecompanystudios.co.uk
FOR ALL OTHER ENQUIRIES**