

ADULT TIMETABLE

DAY	TIME	STUDIO 1	STUDIO 2	STUDIO 3
MONDAY	10am	FLOWETIC	HARTBEEPS	
	7pm	TAP		
	7.15pm		PILATES	
TUESDAY	6pm	BEGINNERS BALLET		
	7pm	BALLET		
	7.30pm			CAPOEIRA
	7.45pm		STREET FITNESS	
	8pm	BARRE CONCEPT		
WEDNESDAY	10am	BABY SENSORY		
	11.45am			MAMA MOJO FITNESS
	7pm	FLOWETIC	STREET SESSIONS	
	8pm	STREET DANCE		YOGA
THURSDAY	7pm			BALLET (CONAN)
	8pm			TAI CHI
SATURDAY	9am - 2.30pm	DANCE COMPANY SCHOOL	DANCE COMPANY SCHOOL	DANCE COMPANY SCHOOL
SUNDAY	10am	BALLET (CONAN)	PILATES INTERMEDIATE	CLASSICAL INDIAN DANCE
	11am		PILATES BEGINNERS	
	11.30am			YOGA FOR ALL

Dance Company Studios is an umbrella for local independent businesses. Please see the contact list.
Or you can email the studios and they will forward your email on to the coaches you have requested.

WE HAVE A LOT OF PRIVATE HIRE SO PLEASE EMAIL T ENQUIRE ABOUT STUDIO HIRE.

Dance Company Studios
0208 4022424
info@dancecompanystudios.co.uk
www.dancecompanystudios.co.uk

ADULT TIMETABLE

TUESDAY BALLET	07870 689687
MONDAY PILATES	07932735716
STREET SESSIONS	07845550838
STREET DANCE WEDNESDAY	07903324123
BALLET THURSDAY/SUNDAY	02084022424
TAICHI	07957925506
DANCE COMPANY PERFORMING ARTS SCHOOL	02084022424
FLOWETIC	07522231446
STREET FITNESS	07539539149
BARRE CONCEPT	07769942869
MAMAMOJO FITNESS	07703101424
TAP/CLUBBERCISE	07538199678
YOGA FOR ALL	07968593037
PILATES (SUNDAY)	07889 769 268
CAPOEIRA	07852 221907

PLEASE CALL 0208 402 2424

EMAIL info@dancecompanystudios.co.uk

FOR ALL OTHER ENQUIRIES INCLUDING STUDIO HIRE.

WWW.DANCECOMPANYSTUDIOS.CO.UK

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