

# ADULT TIMETABLE

DAY	TIME	STUDIO 1	STUDIO 2	STUDIO 3
MONDAY	10am	FLOWETIC	HARTBEEPS	MOTHER & BABY PILATES (Evolve)
	11AM			BABY MASSAGE (Evolve)
	7pm	TAP		ZUMBA
	7.15pm		PILATES	
	7.45pm	CLUBBERCISE		
TUESDAY	6pm	BEGINNERS BALLET		
	7pm	BALLET		
	7.30pm			CAPOEIRA
	7.45pm		STREET FITNESS	
	8pm	BARRE CONCEPT		
WEDNESDAY	10am	BABY SENSORY	MOTHER & BABY PILATES (Evolve)	
	7pm	FLOWETIC	STREET SESSIONS	TOTAL BODY FITNESS
	8pm	STREET DANCE		YOGA
THURSDAY	9.30am		PILATES (Evolve) 60+	
	10.30		MOTHER & CHILD PILATES (Evolve)	
	7pm	PH		BALLET (CONAN)
	8pm	PH		TAI CHI
SATURDAY	9am - 2.30pm	DANCE COMPANY SCHOOL	DANCE COMPANY SCHOOL	DANCE COMPANY SCHOOL
SUNDAY	10am	BALLET (CONAN)	PILATES	TOTAL BODY FITNESS
	11.15am			YOGA FOR ALL

PH – PRIVATE HIRE

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.

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

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<b>TUESDAY BALLET</b>	<b>07870 689687</b>
<b>MONDAY PILATES</b>	<b>07932735716</b>
<b>STREET SESSIONS</b>	<b>07845550838</b>
<b>STREET DANCE WEDNESDAY</b>	<b>07903324123</b>
<b>BALLET THURSDAY/SUNDAY</b>	<b>02084022424</b>
<b>TAICHI</b>	<b>07957925506</b>
<b>DANCE COMPANY PERFORMING ARTS SCHOOL</b>	<b>02084022424</b>
<b>FLOWETIC</b>	<b>07522231446</b>
<b>STREET FITNESS</b>	<b>07539539149</b>
<b>TOTAL BODY FITNESS</b>	<b>07803850324</b>
<b>EVOLVE WELL BEING</b>	<b>07400599902</b>
<b>PERSONAL TRAINER</b>	<b>07803850324</b>
<b>BARRE CONCEPT</b>	<b>07769942869</b>
<b>TAP/CLUBBERCISE</b>	<b>07538199678</b>
<b>ZUMBA</b>	<b>07913812631</b>
<b>YOGA FOR ALL</b>	<b>07968593037</b>
<b>PILATES (SUNDAY)</b>	<b>07889 769 268</b>
<b>CAPOEIRA</b>	<b>07852 221907</b>

**PLEASE CALL 0208 402 2424**

**EMAIL [info@dancecompanystudios.co.uk](mailto:info@dancecompanystudios.co.uk)**

**FOR ALL OTHER ENQUIRIES INCLUDING STUDIO HIRE.**

**[WWW.DANCECOMPANYSTUDIOS.CO.UK](http://WWW.DANCECOMPANYSTUDIOS.CO.UK)**

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