

# ADULT TIMETABLE

| DAY       | TIME         | STUDIO 1             | STUDIO 2             | STUDIO 3             |
|-----------|--------------|----------------------|----------------------|----------------------|
| MONDAY    | 10am         | FLOWETIC             | HARTBEEPS            |                      |
|           | 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         |                      |                      |
|           | 11.45am      |                      |                      | MAMAMOJO FITNESS     |
|           | 7pm          | FLOWETIC             | STREET SESSIONS      |                      |
|           | 8pm          | STREET DANCE         |                      | YOGA                 |
| THURSDAY  | 1.30pm       |                      | LETS BAMBA           |                      |
|           | 7pm          |                      |                      | BALLET (CONAN)       |
|           | 8pm          |                      |                      | TAI CHI              |
| SATURDAY  | 9am - 2.30pm | DANCE COMPANY SCHOOL | DANCE COMPANY SCHOOL | DANCE COMPANY SCHOOL |
| SUNDAY    | 10am         | BALLET (CONAN)       | PILATES              |                      |
|           | 11.15am      |                      |                      | YOGA FOR ALL         |

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

# ADULT TIMETABLE

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.

|   |                      |
|---|----------------------|
| <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>BARRE CONCEPT</b>                        | <b>07769942869</b>   |
|   |                      |
| <b>MAMAMOJO FITNESS</b>                     | <b>07703101424</b>   |
|   |                      |
| <b>TAP/CLUBBERCISE</b>                      | <b>07538199678</b>   |
|   |                      |
| <b>ZUMBA</b>                                | <b>07913812631</b>   |
|   |                      |
| <b>LETS BAMBA</b>                           | <b>07932841446</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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