

ADULT TIMETABLE

DAY	TIME	STUDIO 1	STUDIO 2	STUDIO 3
MONDAY	10am	FLOWETIC	HARTBEEPS	PRENATAL PILATES (Evolve)
	11AM	SLING FITNESS (Evolve)		
	7pm	TAP		
	7.15pm		PILATES	
	7.45pm	CLUBBERCISE		
TUESDAY	10.30am			MUMMY'S BODY BLITZ CIRCUITS (Evolve)
	6pm	BEGINNERS BALLET		
	6.45pm		PRENATAL PILATES (Evolve)	
	7pm	BALLET		
	7.30pm			CAPOEIRA (Start date Feb 6 th)
	7.45pm		STREET FITNESS	
	8pm	BARRE CONCEPT		
WEDNESDAY	10am	BABY SENSORY		PARENT & CHILD PILATES (Evolve)
	7pm	FLOWETIC	STREET SESSIONS	TOTAL BODY FITNESS
	8pm	STREET DANCE		YOGA
THURSDAY	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)	PH	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

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
TOTAL BODY FITNESS	07803850324
EVOLVE WELL BEING	07400599902
PERSONAL TRAINER	07803850324
BARRE CONCEPT	07769942869
TAP/CLUBBERCISE	07538199678
YOGA FOR ALL	07968593037
CAPOEIRA	07852 221907

PLEASE CALL 0208 402 2424

EMAIL info@dancecompanystudios.co.uk

FOR ALL OTHER ENQUIRIES INCLUDING STUDIO HIRE.

WWW.DANCECOMPANYSTUDIOS.CO.UK

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