

DANCE STUDIO TIMETABLE

(updated on 15th FEBRUARY 2010) -All classes are held in the 'air conditioned' Dance Studio

MONDAY	10.00-11.30am	YOGA for the over 60's	60+ yrs	SERGE	Book via Adult Education*
	6.00-7.00pm	STEP 'N' TONE	14+ yrs	SU	Class price below
	7.00-8.00pm	Hi/Lo AEROBICS	14+ yrs	JULIE	Class price below
	8.00-9.00pm	ROSEMARY CONLEY FITNESS CLUB	16+ yrs	CLARE	More details 01243 265474
TUESDAY	7.30-8.15am	EARLY MORNING PILATES	16+ yrs	JUDE	Book at reception
	9.00-10.0am	PILATES	16+ Yrs	JUDE	Book at reception
	7.30-8.30pm	BEGINNERS ARGENTINE TANGO	16+ yrs	FRANK &	More details 07808 594005
	8.30-10.00pm	IMPROVERS ARGENTINE TANGO	16+ yrs	ALLISON	More details 07808 594005
WEDNESDAY	5.45-6.30pm	ROSEMARY CONLEY FITNESS CLUB	16+ yrs	CLARE	More details 01243 265474
	6.30-7.30pm	STEP 'N' TONE	14+ yrs	SU	Class price below
	7.30-8.30pm	BELLY DANCING (Beginners)	16+ yrs	CHERRY	Book via Adult Education*
	8.30-9.30pm	BELLY DANCING (Improvers)	16+ yrs	CHERRY	Book via Adult Education*
THURSDAY	10.30-11.30am	PILATES	16+ yrs	Jude	Book at Reception
	6.30-7.30pm	TRIM 'N' TONE	14+ yrs	JULIE	Class price below
	7.30-8.30pm	JUST JIVE (Beginners)	16+ yrs	PAUL	More details 07821 203413
	8.30-10.00pm	JUST JIVE	16+ yrs	PAUL	More details 07821 203413
FRIDAY	9.15-10.45am	YOGA	16+ yrs	SHEILA	Book via Adult Education*
SATURDAY	9.30-10.00am	STREET DANCE	3-5 yrs	EMMA	Please ask at reception for prices for these courses
	10.00-10.45am	STREET DANCE	6-8 yrs	EMMA	
	10.45-11.30am	STREET DANCE	9-12 yrs	EMMA	
	11.30-12.15pm	MUSICAL THEATRE DANCE	11-16 yrs	EMMA	
	12.15-1.00pm	STREET DANCE	13-16yrs	EMMA	

*Adult Education classes may be booked by calling 01243 872020, most Adult Education classes run as part of a course.

Prices for Classes
(unless otherwise stated)

Arena Members	£3.00
Non Members	£4.00



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