

Arena Dance Studio Timetable

DAY	TIME	CLASS	DIFFICULTY RATING 1-3 (1= beginner 3= advanced)	TEACHER
Monday	3.00-4.00pm	Junior Muscles	1-3	Andy
Monday	6.00-7.00 pm	Step `n` Tone Aerobics	1 – 3 Class can be made more difficult by using weights	Su
Monday	7.00-8.00 pm	Hi / Lo Aerobics	1 – 3 Class can be made more difficult with ad on moves	Julie
Monday	8.00 – 8.45 pm	Zumba		Sam
*Tuesday	9.00-10.00am	Pilates	1 – 3	Jude
Tuesday	10.30 – 11.30 am	Low impact legs, bums and tums	1 – 2	Jude
Tuesday	6.15-7.15pm	Step Aerobics	2 – 3	Jude
Wednesday	3.00-4.00pm	Junior Muscles	1-3	Andy
*Wednesday	5.45 – 6.30 pm	Rosemary Conley		Claire Call 265474
Wednesday	6.30 – 7.30pm	Step `n` Tone	1 – 3 Class can be made more difficult by using weights	Su
Wednesday	6.30-7.30 pm (in CO1)	Circuits Class	1-2	Jenny
*Wednesday	7.30-8.30pm	Belly Dancing	1 (beginners)	Cherry Call 864529
*Wednesday	8.30 – 9.30 pm	Belly Dancing	2 (improvers)	Cherry Call 864529
*Thursday	10.30 – 11.30 am	Pilates	1 - 3	Jude
Thursday	11.45 – 12.45 am	Legs bums and tums	2-3	Jude
Thursday	6.30 – 7.30 pm	Trim `n` Tone	2 - 3	Julie
*Thursday	7.30 – 8.30 pm	Just Jive	1-3 (beginners)	Paul Call 07821203413
*Thursday	8.30 – 10.00 pm	Just Jive	2-3 (improvers)	Paul Call 07821203413
Friday	3.00-4.00pm	Junior Muscles	1-3	Andy
*Friday	7.45 – 8.45 pm	Belly Dancing		Cherry 864529

*These classes are NOT Arena classes and not included in our 'Studio Membership'. Please call direct for bookings.

Class Descriptions

Junior Muscles

If you are in year 10 or above at school, join Andy our fitness instructor in the brand new Arena Fitness Suite to learn how to use the equipment and design a programme for your weekly workout!

Step 'n' Tone

An exciting and energetic step class with interesting choreography on and off the step! 40 minutes CV workout on the step, then 20 minutes legs bums and tums with cool down and stretch at end.

Hi / Lo Aerobics

Fun packed fast aerobics class with the choice of a high or low impact workout. Includes floor work and stretching. Is suitable for beginners up to advanced levels with easy to follow ad on moves!

Zumba

Zumba has become one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits

Pilates

Class is suited to all abilities, helps to improve posture, strengthen core muscles and become more aware of your body. Great way to tone up and relax the mind.

***Ballroom Dance and Tango**

Tango is for everyone whether or not you have previous dance experience. You will find Tango a sensuous dance of passion and connection. Mastering the basics with fun playful footwork is easy, before progressing on to more complicated advanced technique

Low Impact Legs Bums and Tums

A low impact class with easy to follow moves working on fitness and toning. Suitable for everyone, if you are new to exercise or returning from break this is a great class to get you started.

Circuits

A full body workout that is fun and dynamic. Conditioning, cardiovascular and resistance training. Suitable for all fitness levels.

Trim 'n' Tone

Complete body workout, with the optional use of hand weights and body bar – designed to help tone, trim and reshape your body! Includes floor work and stretch. Challenging, but well worth the effort!

***Just Jive**

Friendly and relaxed tuition. Within just a few lessons you will be amazed at how much you can do! No dance experience needed!

Belly Dancing

A fun way to work out and tone up for all ages and abilities.

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