



WATERFOOT CENTRE : 52 BRIDLEWAY, WATERFOOT, ROSSENDALE BB4 9DS

RAMSBOTTOM CENTRE : BUCHANAN SPORTS & SOCIAL CLUB, BUCHANAN STREET, RAMSBOTTOM BL0 9JF

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WELCOME TO OUR ADULT TIMETABLE JULY 2016

OUR FABULOUS TEAM OF DANCE AND FITNESS TEACHERS LOOK FORWARD TO WELCOMING YOU OUR
EXCITING RANGE OF CLASSES FOR ANYONE AGED 14YRS AND ABOVE!

MONDAY

CLASS	TIME	WHERE	WHICH STUDIO	FOR BEGINNERS
ZUMBA FITNESS	5.30 – 6.30	RAMSBOTTOM	LOWER	YES
NEW JAZZ STARTING MONDAY 6 TH JUNE	6.00 – 6.30	RAMSBOTTOM	UPPER	YES
BALLET	6.30 – 7.00	RAMSBOTTOM	LOWER	YES
TAP	7.00 – 7.30	RAMSBOTTOM	LOWER	YES
BALLET	7.30 – 8.30	RAMSBOTTOM	UPPER	NO
LEGS BUMS & TUMS	7.30 – 8.30	RAMSBOTTOM	LOWER	YES
DANCILATES Level 1 & 2	8.30 – 9.00	RAMSBOTTOM	UPPER	YES

TUESDAY

CLASS	TIME	WHERE	WHICH STUDIO	FOR BEGINNERS
TAP	7.30 – 8.30	WATERFOOT	LOWER 2	NO
BALLET	8.30 – 9.30	WATERFOOT	LOWER 2	YES
BALLROOM, LATIN & SEQUENCE LEVEL 3 NOT INCLUDED IN THE MONTHLY SAVER	8.00 – 9.00	WATERFOOT	UPPER 4	NO

BELLY/ BHANGRACISE	6.00 – 7.00	RAMSBOTTOM	LOWER	YES
BALLROOM, LATIN & SEQUENCE LEVEL 1	7.00 – 8.00	RAMSBOTTOM	LOWER	YES
ZUMBA FITNESS	7.00 – 8.00	RAMSBOTTOM	UPPER	YES
WESTERN LINE	8.00 – 9.00	RAMSBOTTOM	LOWER	YES

WEDNESDAY

CLASS	TIME	WHERE	WHICH STUDIO	FOR BEGINNERS
KEEP FIT FOR THE OVER 60's WITH JUDITH ROBBINS <small>NOT INCLUDED IN THE MONTHLY SAVER</small>	10.00–11.00	WATERFOOT	UPPER 4	YES
SALSACISE	1.30 – 2.15	WATERFOOT	UPPER 4	YES
BALLROOM, LATIN & SEQUENCE LEVEL 2	7.00 -8.00	WATERFOOT	UPPER 4	NO
NEW TIME SALSACISE <small>Starts Wednesday 6th July</small>	8.00 – 8.45	WATERFOOT	UPPER 4	YES
NEW TIME BALLROOM, LATIN & SEQUENCE LEVEL 1 <small>Starts Wednesday 6th July</small>	8.45 - 9.45	WATERFOOT	UPPER 4	YES
TAP	7.30 – 8.30	RAMSBOTTOM	LOWER	NO

THURSDAY

CLASS	TIME	WHERE	WHICH STUDIO	FOR BEGINNERS
WESTERN LINE	12.30 -1.30	WATERFOOT	UPPER 4	YES
ZUMBA FITNESS	1.30 – 2.30	WATERFOOT	UPPER 4	YES
SALSACISE	6.30 – 7.15	RAMSBOTTOM	LOWER	YES
NEW DISCOCISE <small>STARTING THURSDAY 2ND JUNE</small>	7.15 – 8.00	RAMSBOTTOM	LOWER	YES

FRIDAY

CLASS	TIME	WHERE	WHICH STUDIO	FOR BEGINNERS
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BALLROOM, LATIN & SEQUENCE LEVEL 4 NOT INCLUDED IN THE MONTHLY SAVER	8.00 – 9.00	WATERFOOT	UPPER 4	NO
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FOR ENTRY TO UNLIMITED CLASSES AT WATERFOOT AND/OR RAMSBOTTOM MONTHLY SAVER TICKETS ARE AVAILABLE AT **JUST £22.99!** THIS CONTINUES TO BE AN UNBEATABLE OFFER WITH NO OBLIGATIONS – THE CHOICE IS YOURS! PAY AS YOU GO IS ALSO AVAILABLE – £4 PER HOUR, £3 PER ¾ HOUR, £2 PER ½ HOUR CLASSES (ALSO UNBEATABLE!)