

ADULT TIMETABLE 2021

All classes start week commencing Monday 17th May. All classes must be booked in advance via our class manager portal. Follow the link on the website or email to book.

MONDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	BOOKING REQUIRED	COST
ZUMBA	11:15AM-12:10	WATERFOOT	4	YES	YES	£5
BALLET	7:30-7:55PM	RAMSBOTTOM	3	YES	YES	£2.50
TAP	8-8:25PM	RAMSBOTTOM	3	YES	YES	£2.50
MEGAFIT	7:30-8:25PM	RAMSBOTTOM	2	YES	YES	£5

TUESDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	BOOKING REQUIRED	COST
TAP	7:30-8:25PM	WATERFOOT	4	YES	YES	£5
BALLET	8:30-9:25PM	WATERFOOT	4	YES	YES	£5

WEDNESDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	BOOKING REQUIRED	COST
ACRO	7:45-8:25PM	WATERFOOT	4	YES	YES	£3.75
HEELS	8-8:55PM	RAMSBOTTOM	3	YES	YES	£5

MEGAFIT: A circuit and reps-based fitness class, great for all ages and fitness levels.

HEELS: A dance class wearing heels, fun energetic routines which are designed for all ages and abilities.

STRICTLY DANCE & TONE: A fusion fitness class combining fun, strictly based cardio routines of salsa, jive, disco, Bollywood, waltz and more, together with a toning section using resistance bands and Bender balls. This is a specially designed class to increase energy levels, strengthen muscle groups, and promote healthy aging and well-being. Great for all ages and fitness levels, the routines are all set to fun music and broken down for all abilities.

ACRO: An acrobatic class working on variations of handstands, cartwheels, rolls and many more. Ideal for strengthening, flexibility and toning. All ages welcome and abilities.

THURSDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	BOOKING REQUIRED	COST
STRICTLY DANCE & TONE	7-7:50PM	RAMSBOTTOM	3	YES	YES	£5
LINE DANCING	8-8:55PM	RAMSBOTTOM	2	YES	YES	£5