

ADULT FITNESS Drop-In Classes

MONDAY

7.00pm LATINA WORKOUT
7.45pm KETTLERCISE

TUESDAY

9.30am ZUMBA
10.30am KETTLERCISE
7.00pm BARRE, BAND, & BLAST
7.45pm DISCO WORKOUT

WEDNESDAY

11.00am PILATES
7.00pm ZUMBA
8.00pm KETTLERCISE

THURSDAY

9.30am ZUMBA
6.00pm BEGINNERS TAP*
7.00pm STRETCH & TONE
7.45pm MOTOWN WORKOUT

* Drop-in Dance Class

All fitness classes £4.50 pay as you come or two classes back to back for just £8.

Benefit from our £35 unlimited monthly card and have access to all our fitness classes the entire month!

Theatre Days

October Half Term **THE GREATEST SHOWMAN**

Weds 24 & Thurs 25 Oct

5 - 11 yrs
9am - 3.30pm
£25 /day or £40 for both
Performance at 3pm on last day.

STRICTLY GO DANCE-ING!

Saturday 15 December
8.00pm - 11.00pm
Dress Code: Black Tie
£12.50 per ticket

Come and enjoy a fun evening of social Ballroom and Latin dance with family and friends.
Open to all.

Ballroom & Latin Socials

Autumn Social

Sat 13 October 7.30pm - 10.30pm

£10 per ticket
BYO drink



Winter Term Timetable 2018

(Mon 3 Sept - Sat 22 Dec)



Dance, Fitness
and Performing
Arts Studios
with

over **35** years of
professional experience!

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