

# ADULT DANCE FITNESS

## Drop-In Classes

### MONDAY

7.00pm LATINA WORKOUT  
7.45pm KETTLERCISE

### TUESDAY

9.30am ZUMBA  
10.30am KETTLERCISE  
7.00pm BARRE & BAND

### WEDNESDAY

10.00am OVER 50'S WORKOUT  
11.00am PILATES  
7.00pm ZUMBA  
8.00pm KETTLERCISE

### THURSDAY

9.30am ZUMBA  
7.00pm DISCO WORKOUT  
7.45pm STRETCH & TONE

\* Drop-in Dance Class

All fitness classes £4.50 pay as you come  
Loyalty card stamps given, Free class  
after every 5th paid classes.

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



Unforgettable, hassle-free  
parties for up to 25 children

PRINCESS \* PIRATE \* MINI  
MOVERS \* DANCE

ONLY £120

## THEATRE DATES

### Mary Poppins!

Wed 20th & Thurs 21st Febuary 2019

9.00am-3.30pm

£40 for both days and  
£25 for one!



### Peter Rabbit!

Mon 08th – Fri 12 April 2019

9.00am - 3.30pm

£25 per day or £80.00 for a full week!

Book now at reception to  
avoid disappointment!



## Ballroom & Latin Socials

### Valentines Social Dance

Sat, 16 February 2019

### Spring Hop Social Dance

Sat, 13 April 2019

£10 per ticket



## Spring Term Timetable 2019

(Mon 7th Jan - Mon 15th April)



Recognised Awards Scheme: Recognised School

## Dance, Fitness and Performing Arts Studios

with

over **35** years of  
professional experience!

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godancestudios

