

ADULT DANCE FITNESS SUMMER THEATRE SCHOOL

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 class.

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

Week 1 - School Of Rock

Mon 29 July - Fri 2 Aug

Week 2 - Mary Poppins Returns

Mon 5 Aug - Fri 9 Aug

Week 3 - Aladdin

Mon 12 Aug - Fri 16 Aug

Week 4 - The Lion King

Mon 19 Aug - Fri 23 Aug

9.00am - 3.30pm

Optional Breakfast Club at 8.30am for £3 per day.

£80.00 per week!

Five full days of dancing, singing and acting!

Performance at 3.00pm every Friday.

Book now at reception to
avoid disappointment!

Ballroom & Latin Socials

Summer Social Dance

Saturday 15 June

£10 per ticket
BYO drink



THEATRE DAYS DUMBO

Wed 29 & Thurs 30 May

9.00am-3.30pm

Two days of dancing, singing and acting!

Performance at 3.00pm on Thurs.

£40 for both days (£25 per day)



Est. 1982

Summer Term Timetable 2019

(Tues 23 April - Sat 27 July)



Dance, Fitness
and Performing Arts
Studios

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