

GO DANCE LINCOLN



Dance & Fitness Class Timetable – Summer Term 2022 – 19th April – 30th July 2022

Absolute Beginners Ballroom/Latin Courses start 21st April 2022

Hooping Fitness Course starts 21st April 2022



Children's Classes



Adult Classes – Monthly enrolment



Adult Fitness - Drop in, prior booking via Bookwhen
www.bookwhen.com/godance

Day	Time	Studio 1	Studio 2
MONDAY	4.00pm – 4.50pm	Primary Street	Private Lessons/Studio Hire
	5.00pm – 5.50pm	Junior/Senior Street	
	6.00pm – 6.50pm	Junior Cheer Dance	
	7.00pm – 7.50pm	Adult Beginners Ballroom / Latin	
	8.00pm – 8.50pm	Adult Beginners Ballroom / Latin	

Day	Time	Studio 1	Studio 2
TUESDAY	4.00pm - 4.50pm	Prelim 2 Ballet & Tap	Private Lessons/Studio Hire
	5.00pm – 5.50pm	Prelim 3 Ballet & Tap	
	6.00pm – 6.50pm	Junior Intermediate Freestyle	
	7.00pm – 7.50pm	Ballet Conditioning (Inv only)	
	8.00pm - 8.50pm	Adult Tap	

Day	Time	Studio 1	Studio 2
WEDNESDAY	10.00am - 10.40am	Mini Movers (<i>Toddler class with parent</i>)	Private Lessons/Studio Hire
	11.00am – 11.50am	Over 50's Dance Exercise	
	4.00pm - 4.50pm	Prelim 1 Ballet & Tap	
	5.00pm – 5.50pm	Junior Freestyle	
	6.00pm – 6.50pm	Adult/Teen Ballet	
	7.00pm – 7.50pm	Adult Ballroom/Latin Intermediate	
	8.00pm – 8.50pm	Adult Ballroom/Latin Improvers	

THURSDAY		Studio 1	Studio 2
	11.30am – 12.20pm	Over 60's Dance Exercise	
	12.30pm - 1.20pm	* NEW Over 50's Ballet Fit Class	
	2.00pm - 2.50pm	*NEW Hooping Fitness Course starting 21 st April for 6 weeks, £48 per person + £5 enrolment fee	
	3.00pm – 3.50pm	Adult Improvers Ballroom/Latin	One-to-one singing lessons with Gemma (<i>book directly with Gemma</i>)
	4.00pm – 4.50pm	Primary Musical Theatre	
	5.00pm – 5.50pm	Junior Musical Theatre	Senior Musical Theatre
	6.00pm – 6.50pm	*NEW Absolute Beginners Ballroom / Latin Course starting 21 st April Initial 6 week course, £42 per person + £5 enrolment fee	One-to-one singing lessons with Gemma (<i>book directly with Gemma</i>)
	7.00pm – 7.50pm	Adult/Teen Tap	
	8.00pm – 8.50pm	Adult Ballet	

FRIDAY		Studio 1	Studio 2
	10.00am - 10.40am	Mini Movers (<i>Toddler class with parent</i>)	Private Lessons/Studio Hire
	11.00am - 11.50am	Latina Dance Workout	
	12.00pm - 12.50pm	Kettlercise	
	4.00pm – 4.50pm	Junior Modern Jazz (5-9yrs)	
	5.00pm – 5.50pm	Senior Modern Jazz (10yrs+)	
	6.00pm – 6.50pm	Senior Freestyle	
7.00pm – 7.50pm	Competitive Cheer Dance		

SATURDAY		Studio 1	Studio 2
	9.00am – 9.50am	Preliminary 1 Ballet & Tap	Baby Ballet & Tap
	10.00am - 10.50am	Preliminary 3 Ballet & Tap	Primary Cheer
	11.00am –11.50am	Primary Freestyle	*NEW Baby Ballet & Tap
	12.00pm –12.50pm	Grade 1 Ballet	Private Lessons/Studio Hire
	1.00pm - 1.50pm	Grade 2 Tap	
	2.00pm - 2.50pm	Grade 4 Ballet	
	3.00pm – 3.50pm	Grade 4 Tap	
	4.00pm - 4.50pm	Grade 2 Ballet	
5.00pm – 5.50pm	Monthly Children's Ballroom and Latin Class 8 years + 7th May, 11th June, 9th July		

