

**art of dance** @ the old school, Bersted Street, Bognor Regis  
**& fitness**

MONDAY	Body Conditioning	9.30 -10.30am	Studio 1	Tracey
	Men's Tap	7.15 - 8.00pm	3	Tanya
TUESDAY	Zumba Fitness	9.30-10.30am	2	Natalie
	High/low Impact Aerobics	7.00-8.00pm	1&2	Tracey
WEDNESDAY	Cardio Dance - Bollywood style	9.30 -10.30am	1	Dawn
	Pilates	9.30 - 10.30	2	Alicia
	Adult Ballet Improvers	6.30 - 7.15pm	1	Jess
	Pilates Improvers Plus	7.30 - 8.30pm	3	Chris
	Adult Choir	7.30 - 8.30pm	1	Naomi
THURSDAY	Zumba Fitness	9.30 -10.30am	1	Natalie
	Pilates	11.15-12.15	1	Alicia
	High/Low Impact Aerobics	7.00 - 8.00pm	1 & 2	Tracey
	Adult Jazz Improvers	7.00 - 8.00pm	3	Lisa
FRIDAY	Body Conditioning	9.30-10.30am	1	Tracey
	Adult Latin American and Ballroom <b>Advanced</b>	6.30 - 7.30pm	1	Jools
	Adult Latin American and Ballroom <b>Improvers</b>	7.30 - 8.30pm	1	Jools
	Adult Latin American and Ballroom <b>Beginners</b>	8.30 - 9.30pm	1	Jools
SUNDAY	Zumba Fitness	10.00-11.00am	1	Natalie

Classes payable per session: £3.50 – Members £4.50 - Non Members

Membership £24.00 per Year

**Please Note: No entry is allowed into classes once warm-up is complete.  
For more information contact art of dance & fitness tel: 01243 840755**