

art of dance @ The Old School, Bersted Street

& fitness

MONDAY	Body Conditioning	9.30 -10.30am	Studio 1	Tracey
	Adult Tap Improvers	7.00 - 7.45pm	3	Amy
	Adult Tap Beginners	7.45 - 8.30pm	3	Amy
	Pilates Beginners Plus NEW	8.00 - 8.45pm	2	Laura
TUESDAY	Zumba Fitness NEW starts 12/10	9.30-10.30am	2	Natalie
	High/low impact Aerobics	7.00-8.00pm	1&2	Tracey
WEDNESDAY	Dance Aerobics	9.30 -10.30am	1	Roz
	Pilates	10.30-11.30am	1	Roz
	Adult Ballet Improvers	6.30 - 7.15pm	1	Lisa/Tracey
	Pilates Improvers Plus	7.30 - 8.30pm	3	Chris
	Adult Choir	7.30 - 8.30pm	1	Naomi
THURSDAY	Salsa Aerobics	9.30-10.30am	1	Natalie
	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 Advanced	6.30 - 7.30pm	1	Jools
	Adult Latin American and Ballroom Improvers	7.30 - 8.30pm	1	Jools
	Adult Latin American and Ballroom Beginners NEW 10 week course start 8 th October - £50.00	8.30 - 9.30pm	1	Jools
SUNDAY	Sunday Stress Buster	10.00-11.00am	1	Natalie

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

Membership £23.00 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**