



AUGUST 2020 TEMPEST STUDIO TIMETABLE

All classes held at:

Tempest Dance & Fitness, Maynards Row, Gilesgate, Durham DH1 1QF

Contact: 07507632458

THANK YOU FOR YOUR SUPPORT AND PATIENCE – WE ARE HAPPY TO BE BACK!!!
We might look a little different for now but we will return to more normality asap.

Monday	Unit 4 - Upstairs
18.15 – 19.00	Pole Beginners with Suzy (4)
19.30 – 20.15	Pole All Levels with Suzy (4)
Tuesday	Unit 4
18.15 – 19.00	Pole Beginners with Suzy (4)
19.30 – 20.15	Pole All Levels with Suzy (4)
Wednesday	Unit 4
18.15 – 19.00	Pole Beginners with Suzy (4)
19.30 – 20.15	Pole All Levels with Suzy (4)
Thursday	Unit 4
18.15 – 19.00	Pole Inverters Plus with Beth (4)
19.30 – 20.15	Pole Inverters Plus with Beth (4)
Friday	Unit 4
18.15 – 19.00	Filthy Friday Pole Heels with Suzy (4)
19.30 – 20.15	Filthy Friday Pole Heels with Suzy (4)
Saturday	Unit 4
10.00 – 10.45	Pole All Levels with Beth (4)
11.15 – 12.00	Pole All Levels with Beth (4)

Monday	Unit 5 - downstairs
16.45 – 17.30	PRIVATE AERIAL available to book with Amy
18.00 – 18.45	Aerial Hoop All Levels with Amy (4)
19.15 – 20.00	Aerial Hoop All Levels with Amy (4)
Tuesday	Unit 5
18.00 – 18.45	Return to Trapeze with Gemma (4)
19.15 – 20.00	Return to Silks with Gemma (4)
20.30 – 21.15	Aerial Hoop All Levels with Gemma (4)
Wednesday	Unit 5
18.00 – 18.45	Aerial Hoop Beginners with Gemma (4)
19.15 – 20.00	Aerial Hoop All Levels with Gemma (4)
20.30 – 21.15	Aerial Hoop All Levels with Gemma (4)
Thursday	Unit 5
18.00 – 18.45	Aerial Strength & Conditioning Gemma (4)
19.15 – 20.00	Aerial Hoop Beginners with Gemma (4)
20.30 – 21.15	Aerial Hoop All Levels with Gemma (4)
Friday	Unit 5
16.45 – 17.30	Private Aerial Available to book with Amy*
18.00 – 18.45	Private Aerial Available to book with Amy*
19.15 – 20.00	Private Aerial Available to book with Amy*

**the option to book an aerial class with up to 3 of your friends*

Book your classes here:

www.tempestdancestudio.com

   @tempeststudio

Class Price List

Aerial/Pole	£12
Aerial Strength & Conditioning	£10
*Private Lesson 1-1 £35 2-1 £25 each. 3-1 £20 each, 4-1 £15 each	

COVID -19

All precautions have been taken to allow you to return to classes safely. Please read all of the necessary policies before returning to class. It is essential that you complete the COVID-19 Informed Consent Form and PARQ before coming to your first session <https://www.tempestdancestudio.com/parq-and-policies/>

Please bring your own hand sanitiser and a face covering (masks are not to be worn when exercising).

Important Changes

Due to government guidelines it is necessary to decrease class times and slightly increase class fees temporarily during this time of transition.

However as a class of only 4 people you will get more pole time and a more boutique service so we are offering really good value for money!

A private class of 4 people is usually £15 per person.

Payment is now due at the time of booking and the cancellation period is 24 hours.

<https://www.tempestdance.com/wp-content/uploads/2020/07/Studio-Policy-July-2020.pdf>