



# OCTOBER 2020 TEMPEST STUDIO TIMETABLE

All classes held at:

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

Contact: 07507632458

**Booking Essential – no drop-ins. Book on the website.**

<b>Monday</b>	<b>Unit 4 - Upstairs</b>
18.00 – 18.45	Pole Beginners with Suzy (4)
19.15 – 20.00	Pole All Levels with Suzy (4)
<b>Tuesday</b>	<b>Unit 4</b>
10.45 – 11.30	Pole All Levels with Beth (4)
12.00 – 12.45	Pole Beginners with Beth (4)
18.00 – 18.45	Spin Pole with Suzy (4)
19.15 – 20.00	Pole All Levels with Suzy (4)
<b>Wednesday</b>	<b>Unit 4</b>
18.00 – 18.45	Pole All Levels with Suzy (4)
19.15 – 20.00	Pole All Levels with Suzy (4)
<b>Thursday</b>	<b>Unit 4</b>
18.00 – 18.45	Pole Beginners/Improvers with Beth (4)
19.15 – 20.00	Pole Inverters Plus with Beth (4)
<b>Friday</b>	<b>Unit 4</b>
18.00 – 18.45	Filthy Friday Pole Heels with Suzy (4) BLOCK booked
19.15 – 20.00	Filthy Friday Pole Heels with Suzy (4) BLOCK booked
20.15 – 12.00	Filthy Friday Pole Heels with Suzy (4)
<b>Saturday</b>	<b>Unit 4</b>
10.00 – 10.45	Pole All Levels with Beth (4)
11.15 – 12.00	Pole All Levels with Beth (4)

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

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

## COVID -19

All precautions have been taken to allow you to return to classes safely. Please read all 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 use hand sanitiser on arrival and bring a face covering (masks are not to be worn when exercising). Social distancing applies inside and outside the studio.

Masks must be worn in the toilet block.

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

## 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	

Book your classes here:

[www.tempestdancestudio.com](http://www.tempestdancestudio.com)



@tempeststudio