



TEMPEST STUDIO TIMETABLE



Tempest Dance & Fitness, Maynards Row, Gilesgate, Durham DH1 1QF Contact: 07507632458

Monday	Unit 4 - Upstairs
18.00 – 19.00	Pole Beginners/Improvers with Suzy (8)
19.15 – 20.15	Pole Beginners with Suzy (8)
Tuesday	Unit 4
10.45 – 11.45	Pole All Levels with Beth (8)
12.00 – 13.00	Pole Beginners with Beth (8)
18.00 – 19.00	Spin Pole Beginners to Inters Suzy (8)
19.15 – 20.15	Pole Intro to Heels with Suzy (8)
Wednesday	Unit 4
18.00 – 19.00	Pole Beginners with Suzy (8)
19.15 – 20.15	Pole Beginners to Intermediate Suzy (8)
Thursday	Unit 4
13.30 – 14.30	Pole Beginners with Kes (8)
18.00 – 19.00	Pole Beginners/Improvers with Beth (8)
19.15 – 20.15	Pole Inverters Plus with Beth (8)
Friday	Unit 4
18.00 – 19.00	Pole Beginners with Kes (8)
19.15 – 20.15	Pole Improvers with Kes (8)
Saturday	Unit 4
10.00 – 11.00	Pole Beginners to Intermediate Claire (8)
11.15 – 12.15	Pole Beginners with Claire (8)

Monday	Unit 5 - downstairs
16.45 – 17.45	Private Aerial available to book with Amy *
18.00 – 19.00	Aerial Hoop Beginners with Amy B (8)
19.15 – 20.15	Aerial Hoop All Levels with Amy B (8)
Tuesday	Unit 5
18.00 – 19.00	Trapeze beginners/inters with Gemma (8)
19.15 – 20.15	Silks beginners/inters with Gemma (8)
20.30 – 21.30	Aerial Hoop PRIVATE available to book (8)
Wednesday	Unit 5
18.00 – 19.00	Aerial Hoop Beginners with Gemma (8)
19.15 – 20.15	Aerial Hoop All Levels with Gemma (8)
20.30 – 21.30	Aerial Hoop All Levels with Gemma (8)
Thursday	Unit 5
18.00 – 19.00	Aerial Hammock Basics Gemma (8)
19.15 – 20.15	Aerial Hoop Beginners with Gemma (8)
20.30 – 21.30	Private Aerial available to book (4)
Friday	Unit 5
16.45 – 17.45	Private Aerial Available to book with Amy*
18.00 – 19.00	Beginners Silks with Amy B (8)
19.15 – 20.15	Beginners Trapeze with Amy B (8)
20.30 – 21.30	Private Aerial Available to book with Amy *

Booking Essential – no drop-ins. Please book on the website.

COVID -19

We continue to be a Covid Secure studio. Please read all policies before your class. It is essential that you complete the online PARQ before coming to your first session

<https://www.tempestdancestudio.com/parq-and-policies/>

A face covering must be worn on entering and leaving the studio, please use hand sanitiser provided.

Social distancing applies inside and outside the studio, do not gather outside of the studio.

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

Class Price List

Aerial and Pole sessions £12

*Private Lesson 1-1 £35 2-1 £25 each. 3-1 £20 each, 4-1 £15 each

If you intend to book 4 September sessions or more contact us for your personal one-time discount code info@tempestdancestudio.com

**the option to book an aerial class with up to 7 of your friends*

Book your classes here:

www.tempestdancestudio.com



@tempeststudio

Please do not come to the studio if you have been in recent close contact with someone with Covid even if you have been double jabbed