



# JANUARY 2022

## TEMPEST STUDIO TIMETABLE

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

Book your classes here [www.tempestdancestudio.com](http://www.tempestdancestudio.com)

| Monday               | Unit 4 - Upstairs                           | Monday               | Unit 5 - downstairs                                 |
|----------------------|---|----------------------|---|
| 18.00 – 19.00        | Flex & Stretch with Suzy (6)                | 16.45 – 17.45        | Private Aerial available to book with Amy *         |
| 19.15 – 20.15        | Pole all levels with Suzy (8)               | <b>18.00 – 19.00</b> | <b>NEW Open Practise Aerial (8)</b>                 |
| <b>Tuesday</b>       | <b>Unit 4</b>                               | 19.15 – 20.15        | Mixed Aerial All Levels with Amy B (8)              |
| 10.45 – 11.45        | Pole All Levels with Beth (8)               | <b>Tuesday</b>       | <b>Unit 5</b>                                       |
| 12.00 – 13.00        | Pole Beginners with Beth (8)                | 18.00 – 19.00        | Trapeze all levels with Gemma (8)                   |
| 18.00 – 19.00        | Spin Pole all levels Suzy (8)               | 19.15 – 20.15        | Silks all levels with Gemma (8)                     |
| 19.15 – 20.15        | Pole Intro to Heels with Suzy (8)           | 20.30 – 21.30        | Aerial Hoop PRIVATE available to book Gemma*        |
| <b>Wednesday</b>     | <b>Unit 4</b>                               | <b>Wednesday</b>     | <b>Unit 5</b>                                       |
| 18.00 – 19.00        | Pole Beginners/Improvers Suzy (8)           | 18.00 – 19.00        | Aerial Hoop Beginners with Gemma (8)                |
| 19.15 – 20.15        | Pole All Levels Suzy (8)                    | 19.15 – 20.15        | Aerial Hoop All Levels with Gemma (8)               |
| <b>Thursday</b>      | <b>Unit 4</b>                               | 20.30 – 21.30        | Aerial Hoop PRIVATE available to book Gemma*        |
| <b>12.15 – 13.15</b> | <b>NEW Pole All Levels with Kes (8)</b>     | <b>Thursday</b>      | <b>Unit 5</b>                                       |
| 13.30 – 14.30        | Pole Beginners with Kes (8)                 | 18.00 – 19.00        | Aerial Hammock Beginners Gemma (8)                  |
| <b>18.00 – 19.00</b> | <b>NEW Pole Absolute Beginners Beth (8)</b> | 19.15 – 20.15        | Aerial Hoop Beginners with Gemma (8)                |
| 19.15 – 20.15        | Pole all levels with Beth (8)               | 20.30 – 21.30        | Private Aerial available to book Gemma*             |
| <b>Friday</b>        | <b>Unit 4</b>                               | <b>Friday</b>        | <b>Unit 5</b>                                       |
| 18.00 – 19.00        | Pole Beginners/Improvers with Kes (8)       | 17.00 – 18.00        | Kids Aerial with Amy (5) ( <i>adult must stay</i> ) |
| 19.15 – 20.15        | Pole Absolute Beginners with Kes (8)        | 18.00 – 19.00        | Private Aerial available to book Amy*               |
| <b>Saturday</b>      | <b>Unit 4</b>                               | 19.15 – 20.15        | Mixed Aerial with Amy B (8)                         |
| 10.00 – 11.00        | Pole All Levels with Claire (8)             |                      |   |
| 11.15 – 12.15        | Pole Beginners with Claire (8)              |                      |   |

| 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  |     |
| <b>BLOCK BOOKING DISCOUNT:</b>  |     |
| If you intend to book 4 January sessions or more contact us for your personal one-time discount code <a href="mailto:info@tempestdancestudio.com">info@tempestdancestudio.com</a> |     |

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

| PARTIES  |
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| Aerial, Pole, Burlesque & Kids parties from £15pp<br>Contact us to book <a href="mailto:info@tempestdancestudio.com">info@tempestdancestudio.com</a> |

| COVID -19  |
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| <p>We aim to be a Covid Secure studio especially during winter months. Please read all policies before your class. It is essential that you complete the online PARQ before coming to your first session <a href="https://www.tempestdancestudio.com/parq-and-policies/">https://www.tempestdancestudio.com/parq-and-policies/</a></p> <p>A face covering must be worn on entering and leaving the studio, please use hand sanitiser provided. Please remain socially distanced where possible. Payment is due at the time of booking and the cancellation period is 24 hours.</p> |

*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, unless you have a negative test*