



MARCH 2022

TEMPEST STUDIO TIMETABLE

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

Book your classes here www.tempestdancestudio.com

Monday	Unit 4 - Upstairs	Monday	Unit 5 - downstairs
18.00 – 19.00	BEGINNER 4 week POLE COURSE (8)	16.45 – 17.45	Private Aerial available to book with Amy *
19.15 – 20.15	All-Levels Pole with Suzy (8)	18.00 – 19.00	DUAAS with Amy B (Durham Uni Aerial Arts)
Tuesday	Unit 4	19.15 – 20.15	Mixed Aerial All Levels with Amy B (8)
10.45 – 11.45	Pole All Levels with Beth (8)	Tuesday	Unit 5
12.00 – 13.00	Pole Beginners with Beth (8)	18.00 – 19.00	Trapeze all levels with Gemma (8)
18.00 – 19.00	Intro to Spin Pole 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*
Wednesday	Unit 4	Wednesday	Unit 5
18.00 – 19.00	Pole Beginners/Improvers Suzy (8)	18.00 – 19.00	Aerial Hoop Beginners with Gemma (8)
19.15 – 20.15	Pre-Intermediate Pole with Suzy (8)	19.15 – 20.15	Aerial Hoop All Levels with Gemma (8)
Thursday	Unit 4	20.30 – 21.30	Aerial Hoop PRIVATE available to book Gemma*
12.15 – 13.15	Pole All Levels with Kes (8)	Thursday	Unit 5
13.30 – 14.30	Pole Beginners with Kes (8)	18.00 – 19.00	Aerial Hammock Beginners Gemma (8)
18.00 – 19.00	Pole Absolute Beginners Beth (8)	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*
Friday	Unit 4	Friday	Unit 5
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*
Saturday	Unit 4	19.15 – 20.15	Mixed Aerial with Amy B (8)
10.00 – 11.00	Pole All Levels with Kes (8)	Saturday	Unit 4
11.15 – 12.15	Pole Beginners with Kes (8)	10.00 – 13.30	DUAAS with Ruth (Durham Uni Aerial Arts)

Class Price List

Aerial and Pole sessions	£12
*Private Lesson 1-1 £35 2-1 £25 each. 3-1 £20 each, 4-1 £18 each	
BLOCK BOOKING DISCOUNT:	
If you intend to book 4 March 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*

PARTIES

Aerial, Pole, Burlesque & Kids parties from £15pp
Contact us to book info@tempestdancestudio.com

Policies and COVID -19

Please DO NOT come to the studio if you test positive or suspect that you have Covid-19. Do not come to the studio with cold/flu symptoms.

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/>

Please use hand sanitiser provided and be aware that some may prefer to remain socially distanced.

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

If you have been in recent close contact with someone with Covid, please ensure you have a negative test before coming to class



@tempeststudio