



MAY 2022



TEMPEST STUDIO TIMETABLE

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

Monday	Unit 4 - Upstairs	Monday	Unit 5 - downstairs
18.00 – 19.00	FLEX (4 week block)with Suzy (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 Durham Uni Aerial Arts with Amy
Tuesday	Unit 4	19.15 – 20.15	Mixed Aerial All Levels with Amy (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 Spins and Combos 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 Claire (8)	19.15 – 20.15	Aerial Hoop Beginners with Gemma (8)
19.15 – 20.15	Pole all levels with Claire (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 (8)
10.00 – 11.00	Pole All Levels with Kes (8)		
11.15 – 12.15	Pole Beginners with Kes (8)		

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

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

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 £18 each	

BLOCK BOOKING DISCOUNT:

If you intend to book 4 April 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

@tempeststudio

