



Tempest Dance and Fitness
#teamtempest

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JUNE 2022

TEMPEST STUDIO TIMETABLE

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

CLOSED 2nd – 5th June for Jubilee

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Monday	Unit 4 - Upstairs
18.00 – 19.00	FLEX (4 week block)with Suzy (8)
19.15 – 20.15	All-Levels Pole 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	Intro to Spins and Combos Suzy (8)
19.15 – 20.15	Pole Intro to Heels with Suzy (8)
Wednesday	Unit 4
18.00 – 19.00	Pole Beginners/Improvers Suzy (8)
19.15 – 20.15	Pre-Intermediate Pole with Suzy (8)
Thursday	Unit 4
12.15 – 13.15	Pole All Levels with Kes (8)
13.30 – 14.30	Pole Beginners with Kes (8)
18.00 – 19.00	Pole Absolute Beginners Claire (8)
19.15 – 20.15	Pole all levels with Claire (8)
Friday	Unit 4
18.00 – 19.00	Pole Beginners/Improvers with Kes (8)
19.15 – 20.15	Pole Absolute Beginners with Kes (8)
Saturday	Unit 4
10.00 – 11.00	Pole All Levels with Kes/Claire (8)
11.15 – 12.15	Pole Beginners with Kes/Claire (8)

Monday	Unit 5 - downstairs
16.45 – 17.45	Private Aerial available to book with Amy *
18.00 – 19.00	Aerial Strength & Conditioning with Amy (10)
19.15 – 20.15	Mixed Aerial All Levels with Amy (8)
Tuesday	Unit 5
18.00 – 19.00	Trapeze all levels with Gemma (8)
19.15 – 20.15	Silks all levels with Gemma (8)
20.30 – 21.30	Aerial Hoop PRIVATE available to book Gemma*
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 PRIVATE available to book Gemma*
Thursday	Unit 5
18.00 – 19.00	Aerial Hammock Beginners Gemma (8)
19.15 – 20.15	Aerial Hoop Beginners with Gemma (8)
20.30 – 21.30	Private Aerial available to book Gemma*
Friday	Unit 5
17.00 – 18.00	Kids Aerial with Amy (5) (<i>adult must stay</i>)
18.00 – 19.00	Private Aerial available to book Amy*
19.15 – 20.15	Mixed Aerial with Amy (8)

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 for refunds or class changes is 24 hours.

Class Price List	
Aerial and Pole sessions	£12
Strength & Conditioning	£8 (£5 cash if attending class afterwards)
Flex Block of 4 sessions	£30
*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 June 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

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