



## TEMPEST STUDIO TIMETABLE

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

**STUDIO IS CLOSED 15<sup>th</sup> – 21<sup>st</sup> AUGUST**

<b>Monday</b> 18.00 – 20.15	Unit 4 upstairs available to hire
<b>Tuesday</b>	<b>Unit 4</b>
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)
<b>Wednesday</b>	<b>Unit 4</b>
18.00 – 19.00	Pole Beginners/Improvers Suzy (8)
19.15 – 20.15	Pole all levels with Suzy (8)
<b>Thursday</b>	<b>Unit 4</b>
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)
<b>Friday</b>	<b>Unit 4</b>
18.00 – 19.00	Pole Beginners/Improvers with Kes (8)
19.15 – 20.15	Pole Absolute Beginners with Kes (8)
<b>Saturday</b>	<b>Unit 4</b>
10.00 – 11.00	Pole All Levels with Kes/Claire (8)
11.15 – 12.15	Pole Beginners with Kes/Claire (8)

<b>Monday</b>	<b>Unit 5 - downstairs</b>
16.45 – 17.45	Private Aerial available to book with Amy *
18.15 – 19.00	Aerial Strength & Conditioning with Amy (10)
19.15 – 20.15	Mixed Aerial All Levels with Amy (8)
<b>Tuesday</b>	<b>Unit 5</b>
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*
<b>Wednesday</b>	<b>Unit 5</b>
17.00 – 18.00	Kids Aerial with Amy (6) <i>adult must stay</i>
18.15 – 19.15	Aerial Hoop All Levels with Amy (8)
19.30 – 20.30	Aerial Hoop PRIVATE available to book Amy*
<b>Thursday</b>	<b>Unit 5</b>
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*
<b>Friday</b>	Unit 5 – available to hire contact us for details

Class Price List	
Aerial and Pole sessions	£12
Strength & Conditioning	£8 (£5 cash if attending class afterwards)
*Private Lesson	
1-1	£35
2-1	£25 each
3-1	£20 each
4-1	£18 each
<b>BLOCK BOOKING DISCOUNT:</b>	
If you intend to book 4 AUGUST sessions or more contact us for your personal one-time discount code info. <i>Discount cannot be used on less than 4 classes. Please see terms of booking.</i>	
Email: info@tempestdancestudio.com	

*\*th option to book an aerial class with up to 3 of your friends*

### 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 use hand sanitiser provided

Please read all policies before your class. It is essential that you complete the online PARQ before coming to your first session. Payment is due at the time of booking and the cancellation period for refunds or class changes is 24 hours

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

### PARTIES

**Aerial, Pole, Burlesque, Dance & Kids Birthday parties from £15pp**

**HEN PARTIES – contact us to discuss**

**Parties are tailored to your needs. We can print special t-shirts for the birthday boy/girl or for the whole Hen party**

**Contact us to book info@tempestdancestudio.com**

