



JULY 2022



TEMPEST STUDIO TIMETABLE

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

Monday	Unit 4 - Upstairs
18.00 – 19.00	FLEX 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	Pole all levels 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 All Levels 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 *
18.15 – 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
17.00 – 18.00	Kids Aerial with Amy (6) adult must stay
18.15 – 19.15	Aerial Hoop All Levels with Amy (8)
19.30 – 20.30	Aerial Hoop PRIVATE available to book Amy*
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 – 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
BLOCK BOOKING DISCOUNT:	
If you intend to book 4 July 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 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 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.

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

@tempeststudio



