

Tempest Dance and Fitness #teamtempest  **JANUARY 2023**  Tempest Dance and Fitness #teamtempest 

# TEMPEST STUDIO TIMETABLE

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

**STUDIO OPENS TUESDAY JANUARY 3rd**

Monday	Unit 4 - upstairs
18.00 – 19.00	Pole Absolute Beginners Rowena (8)
19.15 – 20.15	Pole Beginners/Improvers Rowena (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	Pole All Levels with Beth (8)
19.15 – 20.15	Pole Heels with Beth (8)
Wednesday	Unit 5 – available contact us for details
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	NEW Pole Absolute Beginners Rowena (8)
19.15 – 20.15	NEW Pole Beginners/Improvers Rowena (8)
Friday	Unit 4
18.00 – 19.00	Pole All Levels with Kes (8)
19.15 – 20.15	Pole Beginner/Improvers with Kes (8)
Saturday	Unit 4
10.00 – 11.00	Pole All Levels (8)
11.15 – 12.15	Pole Beginners (8)

Monday	Unit 5 - downstairs
16.45 – 17.45	Private Aerial available to book Amy *
<b>18.00 – 19.00</b>	<b>NEW FAMILY AERIAL (adult &amp; child) (8)</b>
19.15 – 20.15	Mixed Aerial All Levels with Amy (8)
20.30 – 21.30	Private Aerial available to book Amy*
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 PRIVATE available to book Gemma*
Wednesday	Unit 5
17.00 – 18.00	Kids Aerial with Sophie (6) <i>adult must stay</i>
18.15 – 19.15	Mixed Aerial All Levels with Sophie (8)
19.30 – 20.30	Aerial PRIVATE available to book Sophie*
Thursday	Unit 5
18.00 – 19.00	Aerial Hammock Beginners Gemma (8)
19.15 – 20.15	Aerial Hoop with Gemma (8)
20.30 – 21.30	Aerial PRIVATE available to book Gemma*
Friday	Unit 5 – available to hire contact us for details

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
<b>BLOCK BOOKING DISCOUNT:</b>	
If you intend to book 4 or more JAN/FEB 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	

*\*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 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**

@tempeststudio

