



# JULY 2023



## TEMPEST STUDIO DURHAM

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

Monday	Unit 4 - upstairs
18.00 – 19.00	Pole self – practise (4) <i>By arrangement</i>
19.15 – 20.15	Pole Beginners/Improvers Rowena (8)
Tuesday	Unit 4
18.00 – 19.00	Pole All Levels with Suzy (8)
19.15 – 20.15	Pole Heels with Suzy (8)
Wednesday	Unit 4
19.15 – 20.15	Pole All Levels with Rowena (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 All Levels Claire (8)
19.15 – 20.15	Pole Beginners/Improvers Claire (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 Claire (8)
11.15 – 12.15	Pole Beginners Claire (8)

Monday	Unit 5 - downstairs
16.45 – 17.45	Private Aerial available to book with Sophie *
18.00 – 19.00	FAMILY AERIAL (adult & child) <b>Age 4 – 7</b> (8)
19.15 – 20.15	Mixed Aerial All Levels with Sophie (8)
Tuesday	Unit 5
18.00 – 19.00	Trapeze all levels with Gemma (8)
19.15 – 20.15	Mixed Aerial 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) <b>Age 7 – 13</b> <i>adult to stay unless agreed ONLY ON 5<sup>th</sup> &amp; 26<sup>th</sup> JULY</i>
18.15 – 19.15	Beginners Aerial with Sophie (8) <b>ONLY ON 5<sup>th</sup> &amp; 26<sup>th</sup> JULY</b>
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

### PRICE LIST

Aerial and Pole sessions £12

\*Private Lesson

1-1 £35 2-1 £25 each 3-1 £20 each 4-1 £18 each

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

#### BLOCK BOOKING DISCOUNT:

If you intend to book 4 or more JULY sessions EMAIL us for your personal discount code.

*Discount cannot be used on less than 4 classes. Please see terms of booking.*

Email: [info@tempestdancestudio.com](mailto:info@tempestdancestudio.com) for a code

### POLICIES. PARQ. PAYMENT. PARKING.

\*\*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.

\*\*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/>

Parking is FREE – collect your pass on arrival to the studio

@tempeststudio



### PARTIES

**Aerial, Pole, Burlesque, Dance & Kids Birthday parties from £15pp .....HEN PARTIES – TEAM BUILDING**

**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](mailto:info@tempestdancestudio.com)**