

MARCH/APRIL



TEMPEST STUDIO DURHAM

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

Contact: 07507632458

Monday	Unit 4 - upstairs
18.00 – 19.00	No Share POLE (4) <i>New Class</i>
19.15 – 20.15	Pole ALL LEVELS (8)
Tuesday	Unit 4
11.00 – 12.00	Daytime Pole All Levels Kes (8)
18.00 – 19.00	Pole All Levels with Suzy (8)
19.15 – 20.15	Pole Heels with Suzy (8)
Wednesday	Unit 4
18.00 – 19.00	Sock Flow with 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)
14.30 – 15.00	Flex 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 Age 4 – 7 (8)
19.15 – 20.15	Mixed Aerial All Levels with Sophie (8)
Tuesday	Unit 5
16.45 – 17.45	Kids Aerial with Sophie (8)
18.00 – 19.00	Aerial Trapeze all levels with Sophie (8)
19.15 – 20.15	Mixed Aerial with Sophie (8)
20.30 – 21.30	Aerial PRIVATE available with Sophie*
Wednesday	Unit 5
16.45 – 17.45	Kids Aerial with Sophie (6) Age 7 – 13 <i>adult to stay unless agreed</i>
18.00 – 19.00	SILKS & HAMMOCK with Sophie (8) <i>New Time</i>
19.15 – 20.15	HOOP with Sophie (8) <i>New Time</i>
Thursday	Unit 5
	Aerial self-train available by arrangement
Friday	Unit 5
	Aerial self-train available by arrangement

PARTIES

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

PRICE LIST

Aerial and Pole sessions still only £12
Kids Aerial £10

*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:
Discount codes by request
Discount can only be applied when booking 4 or more classes in one transaction. Please see terms of booking.
Email: info@tempestdancestudio.com for a code

POLICIES. PARQ. PAYMENT. PARKING.

**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