



OCTOBER CLASSES



Tempest Dance and Fitness
#teampempest

TEMPEST STUDIO DURHAM

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

| Monday | Unit 4 - upstairs |
|---------------|--------------------------------------|
| | Private Lessons by arrangement |
| 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 |
| | Private Lessons by arrangement |
| 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) Age 7 – 13 <i>adult to stay unless agreed</i> |
| 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) |
| 19.15 – 20.15 | HOOP with Sophie (8) |

PARTIES

Aerial, Pole, Burlesque, Dance & Kids
Birthday/Christmas 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

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

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 email request

Discount can only be applied for Adult Classes when booking 4 or more classes in one month in one transaction. Please see terms of booking.

Email: info@tempestdancestudio.com for a discount code

@tempeststudio

