



FEBRUARY TIMETABLE



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



TEMPEST STUDIO DURHAM



Monday	Unit 4 - upstairs
	Private Lessons by arrangement
Tuesday	Unit 4
11.00 – 12.00	Daytime Pole All Levels Kes (8)
12.15 – 13.15	♥ Routine Pole Dance with Suzy 4th Feb only
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	Pole All Levels Rowena (8)
19.15 – 20.15	Pole Beginners/Improvers Rowena (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 Intermediate with Mandy (8)
19.15 – 20.15	Pole Beginners/Improvers with Mandy
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
11.00 – 12.00	Daytime Mixed Aerial with Sophie
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 adult to stay unless agreed
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 adult to stay unless agreed
18.00 – 19.00	Silks and Hammock with Sophie (8)
19.15 – 20.15	Aerial Hoop with Sophie (8)
Sunday	Unit 5 starts Sunday 2 nd Feb
11.00 – 12.00	Beginners Aerial Hoop Course (8)

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

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

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