



MARCH TIMETABLE



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
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)
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 (6) Age 6 – 14 <i>adult to stay unless agreed</i>
18.00 – 19.00	New Aerial Ninjas all levels with Sophie (4)
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 6-14 <i>adult to stay unless agreed</i>
18.00 – 19.00	Silks and Hammock with Sophie (8)
19.15 – 20.15	Aerial Hoop with Sophie (8)
Thursday	Unit 5
18.00 – 19.00	NEW Beginners Aerial Hoop & Solo Flyers with Megan (option to self-train)

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

@tempeststudio



PRICE LIST

Aerial and Pole sessions still only £12

Kids Aerial £10

Solo Flyers £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*

Package discount:

Package codes give you access to FOUR adult classes within one month. You receive a code via email (around teaching hours) which will allow you to book your 4 classes at any time during the month.

The package expires at the end of each month. You can purchase more than one package in a month.

You have the option to re-schedule a session within the same calendar month if 24 hours notice is given.

No refunds are given for packages. Unused classes cannot be carried forward into the next month.

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