



JUNE TIMETABLE



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

TEMPEST STUDIO DURHAM

SUNDAY 8th JUNE 2.00pm HEELS WORKSHOP

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
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 All Levels with CLAIRE (8)
19.15 – 20.15	Pole All Levels with CLAIRE (8)
Friday	Unit 4
18.00 – 19.00	Pole All Levels with Kes (8)
19.15 – 20.15	Pole All Levels 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
12.00 – 13.00	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	Beginners Aerial 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	Aerial Silks & Hammock with Sophie (8)
19.15 – 20.15	Mixed Aerial with Sophie (8)
20.30 – 21.30	Aerial PRIVATE available with Sophie*
Wednesday	Unit 5
19.15 – 20.15	Aerial Hoop with Megan (8)
Thursday	Unit 5
17.00 – 18.00	Youth & Adult Aerial with Lottie (8) ages 6-85
18.00 – 19.00	Aerial Mixed Kit with Lottie (8)
19.15 – 20.15	Aerial Yoga with Lottie (8) (age 11 – 85)
Friday	Unit 5
18.15 – 19.15	Trapeze with Sophie (8)
19.30 – 20.30	Intermediate/Advanced Hoop with Sophie (8)

PRICE LIST

Aerial and Pole sessions only £12

Kids Aerial £10

Aerial Yoga £15

*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 or EIGHT adult classes within one month. You receive a code via email (around teaching hours) which will allow you to book your 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.

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. PARKING.

Please read all policies before your class. It is essential that you complete the online PARQ before coming to your first session.

<https://www.tempestdancestudio.com/parq-and-policies/>

Parking is FREE – SCAN the QR code as you enter the studio and enter your car registration