



2016 Adult Class
Timetable

Adult Classes

Monday		
	18:30	Pole Intermediate
	19:30	Pole Mixed Abilities
Tuesday		
	18:30	Pole Advanced
	19:00	Fitsteps
Drop in class	19:30	Pole Fitness Mixed Abilities
	20:00	Intermediate Ballroom, Latin & Sequence
	21:45	Intermediate Ballroom, Latin
	20:00 - 22:30	Social Dancing
Wednesday		
	19:00	Yoga
	19:45	Improvers Ballroom, Latin, Salsa & Sequence
	20:30 - 22:30	Absolute Beginners Ballroom, Latin, Rock & Roll and Sequence
	19:45 - 22:30	Social Dancing
Thursday		
	17:15	Contemporary
	18:00	Teenage / Adult Hip Hop
	19:30	Tap Dancing
	20:15	Belly Dancing
Saturday		
		*** PARTY NIGHTS - Call for details
Sunday		
	19:45	Bronze Ballroom, Latin & Sequence
	20:30	Absolute Beginners Ballroom, Latin, Rock & Roll and Sequence
	19:45 - 22:30	Social Evening - Everyone Welcome