

CLASS TIMETABLE

Spring/Summer 2025



MONDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
In Motion	11:00-12:00pm	60 minutes	Adult	For those with additional needs	£8.00*	N/A	£7.50
Slow Flow Yoga	12:30-1:30PM	60 minutes	Adult	All	£7.00	N/A	N/A
Commercial 55+	1:00-2:00pm	60 minutes	55+	All	£10.00	£8.00	£7.50
Argentine Tango	5:00-6:00pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
Pilates with Alex Mitchenson	5:00-6:00pm	60 minutes	Adult	All	£7.00	N/A	N/A
Commercial	5:30-6:00pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Ballet	6:00-7:00pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Contemporary	6:30-7:30pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Contemporary	7:30-8:30pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Salsa	7:00-8:00pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Salsa	8:00-9:00pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50

*Price includes 1x carer

TUESDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Ballet	12:00-1:00pm	60 minutes	55+	Improvers/ Advanced	£10.00	£8.00	£7.50
Tap Beginners	12:00-1:00pm	60 minutes	55+	Beginners	£10.00	£8.00	£7.50
Tap Beginners	1:00-2:00pm	60 minutes	55+	Beginners	£10.00	£8.00	£7.50
Contemporary Flow	1:15-2:15pm	60 minutes	55+	All	£7.00	N/A	N/A
Vinyasa Flow Yoga	5:30-6:30pm	60 minutes	Adult	All	£7.00	N/A	N/A
Fitsteps	5:30-6:30pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
Musical Theatre	6:30-7:30pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
Ballroom	6:30-7:30pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
ABC Jazz Technique	7:30-8:30pm	60 Minutes	Adult	All	5 FOR £25	N/A	N/A
Ballroom	7:30-8:30pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Commercial	7:30-8:30pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50

WEDNESDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Ballroom & Latin	12:30-1:30pm	60 minutes	55+	All	£10.00	£8.00	£7.50
Ballroom & Latin	1:30-2:30pm	60 minutes	55+	All	£10.00	£8.00	£7.50
Tap Show Class	2:30-3:30pm	60 minutes	55+	Improvers/Advanced	£10.00	£8.00	£7.50
Tai Chi	5:00-6:00pm	60 minutes	Adult	All	£7.00	N/A	N/A
Dance Workout	5:00-6:00pm	60 minutes	Adult	All	£7.00	N/A	N/A
Egyptian Belly Dance	5:30-6:30pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
ABC Absolute Beginners Tap	6:00-7:00pm	60 minutes	Adult	Absolute Beginners	5 FOR £25	N/A	N/A
Egyptian Belly Dance	6:30-7:30pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Afro Mix	7:00-8:00pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
Tap	7:00-8:00pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Tap	8:00-9:00pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Hip Hop	8:00-9:00pm	61 minutes	Adult	Improvers	£10.00	£8.00	£7.50

THURSDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Ballet	12:00-1:00pm	60 minutes	55+	Improvers	£10.00	£8.00	£7.50
Seated Dance	12:30-1:30pm	60 minutes	55+	For those with additional needs	£8.00*	N/A	N/A
Ballet	1:00-2:00pm	60 minutes	55+	Beginners	£10.00	£8.00	£7.50
Tai Chi	1:00-2:00pm	60 minutes	55+	All	£7.00	N/A	N/A
Ballet	5:00-6:00pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Contemporary	5:30-7:00pm	90 minutes	Adult	Advanced	£13.50	£12.00	£10.00
Cabaret Heels	6:00-7:00pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
Zumba	7:00-8:00pm	60 minutes	Adult	All	£7.00	N/A	N/A
ABC Capoeira	7:00-8:00pm	60 minutes	Adult	All	5 FOR £25	N/A	N/A
Pilates with Mark Turner	5:30-6:30pm	60 minutes	Adult	All	£7.00	N/A	N/A
Hip Hop	7:00-8:00pm	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Commercial Heels	7:00-8:00pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
Flamenco	7:00-8:00pm	60 minutes	Adult	All	£10.00	£8.00	£7.50

FRIDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Boogie Boppers	9:30-10:30am	60 minutes	18m - 3.5yrs	All	£8.75*	£7.00	£6.75
Tap	12:30-1:30pm	60 minutes	55+	Improvers	£10.00	£8.00	£7.50
Fitsteps	1:45-2:45pm	60 minutes	55+	All	£10.00	£8.00	£7.50
Ballet Primary	4:30-5:30pm	60 minutes	4 - 6 yrs	All	£8.75	£7.00	£6.75
Ballet	5:30-7:00pm	90 minutes	Adult	Advanced	£13.50	£12.00	£10.00
Bollywood	6:00-7:00pm	60 minutes	Adult	All	£10.00	£8.00	£7.50
ABC Blues Dance	6:00-7:00pm	60 minutes	Adult	All	5 for £25	N/A	N/A

*Price includes 1x carer/parent

SATURDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Ballet Primary	9:30-10:30am	60 minutes	4 - 6yrs	All	£8.75	£7.00	£6.75
Hip Hop	9:30-10:30am	60 minutes	7 - 11yrs	All	£8.75	£7.00	£6.75
Contemporary Club	10:00-11:00am	60 minutes	7 - 11yrs	Beginners	£8.75	£7.00	£6.75
Hip Hop	10:30-11:30am	60 minutes	12-17 yrs	All	£8.75	£7.00	£6.75
Ballet Junior	10:30-11:30am	60 minutes	7 - 11yrs	All	£8.75	£7.00	£6.75
Lyrical Jazz	12-1pm	60 minutes	14-21 yrs	All	£10.00	£8.00	£7.50
Contemporary Club	11:00-12:00pm	60 minutes	7 - 11yrs	Improvers	£8.75	£7.00	£6.75
Breaking	11:00-12:00pm	60 minutes	7 - 11yrs	Beginners	£8.75	£7.00	£6.75
Breaking	12:00-1:00pm	60 minutes	7 - 11yrs	Improvers	£8.75	£7.00	£6.75
Pop Steps (4-6)	12:00-1:00pm	60 minutes	4 - 6yrs	All	£8.75	£7.00	£6.75
Contemporary Fusion	12:00-1:00pm	60 minutes	12 - 17yrs	All	£8.75	£7.00	£6.75

SUNDAY

CLASS	TIME	DURATION	AGE	LEVEL	FULL PRICE	ACCESSIBLE PRICE	MEMBER PRICE
Ballet	10:30-11:30am	60 minutes	Adult	Beginners	£10.00	£8.00	£7.50
Pilates/Stretch	10:30-11:30AM	60 minutes	Adult	All	£10.00	£8.00	£7.50
Ballet	11:30-12:30pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50
Ballet Choreography	12:45-1:45pm	60 minutes	Adult	Improvers	£10.00	£8.00	£7.50