

# OCTOBER 2021 TIMETABLE



## TEMPEST DANCE STUDIO WASHINGTON



All sessions held at: Tempest Dance Studio Mission Hall, Railway Terrace, Columbia, Washington NE38 7BE

Booking essential – Book here: [www.tempestdance.com](http://www.tempestdance.com)

MONDAY	14.15 – 15.15	Private session Contact directly to book 1-1 or family group*	£15 - £35pp
	15.30 – 16.30	Private session Contact directly to book 1-1 or family group*	£15 - £35pp
	16.45 – 17.45	Kids Aerial with Mandy <i>Parents can join in for £5</i>	£10
	18.00 – 19.00	Pole Beginners to Intermediate with Mandy	£12
	19.15 – 20.00	Stretch & Flex – Front Splits with Mandy* (suitable for absolute beginners)	£8
TUESDAY	14.15 – 15.15	Pole Beginners to Intermediate with Mandy	£12
	15.30 – 16.30	<b>NEW Open Practise Aerial/Pole</b>	<b>£10</b>
	16.45 – 17.45	Kids Aerial with Mandy <i>Parents can join in for £5</i>	£10
	18.00 – 19.00	Aerial Yoga All Levels	£12
	19.15 – 20.15	NEW Beginners Aerial Yoga with Meditation	£12
WEDNESDAY	13.00 – 14.00	Private session Contact directly to book 1-1 or family group*	£15 - £35pp
	14.15 – 15.15	Private session Contact directly to book 1-1 or family group*	£15 - £35pp
	15.30 – 16.30	Private session Contact directly to book 1-1 or family group*	£15 - £35pp
	16.45 – 17.45	Kids Aerial with Mandy <i>Parents can join in for £5</i>	£10
	18.00 – 19.00	Pole Beginners to Intermediate with Mandy	£12
	19.15 – 20.15	Absolute Beginners Pole with Mandy	£12
THURSDAY	14.15 – 15.15	Private session Contact directly to book 1-1 or family group*	£15 - £35pp
	15.30 – 16.30	Private session Contact directly to book 1-1 or family group*	£15 - £35pp
	16.45 – 17.45	Kids Aerial with Mandy <i>Parents can join in for £5</i>	£10
	18.00 – 19.00	Aerial Hoop (Beginners welcome) with AMY R	£12
	19.15 – 20.15	Beginners Aerial Silks with AMY R	£12
FRIDAY	16.45 – 17.45	Kids Aerial with Mandy <i>Parents can join in for £5</i>	£10
	18.00 – 19.00	Adults Aerial fun session Silks, Pole, Hoop, Lollipop, Trapeze	£12
	19.30 – 20.30	<b>NEW Beginners/Improvers Pole with Beth</b>	<b>£12</b>
SUN	10.00 – 10.45	<b>Aerial Hammock Meditation (one person to a hammock)*</b>	<b>£8</b>
	11.00 – 11.45	<b>MOVEicals with Mandy – Dance-along*</b>	<b>£5</b>

Discounts available if booking 4 or more sessions in October

Contact [info@tempestdance.com](mailto:info@tempestdance.com) and ask for your single-use personal discount code (exclusions apply)\*