

SEPTEMBER 2022 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

STUDIO IS CLOSED 5th – 19th Sept

Check booking page for all availability

MONDAY	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 space permitting</i>	£10
	18.00 – 19.00	Lollipop Open Practise – (high and low lollipop available)	£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	Open Practise Aerial/Pole/Lollipop	£10
	16.45 – 17.45	Kids Aerial with Mandy <i>Parents can join in for £5 space permitting</i>	£10
	18.00 – 19.00	Aerial Yoga All Levels	£12
WEDNESDAY	18.00 – 19.00	Pole Beginners to Intermediate with Mandy	£12
	18.00 – 19.00	Lollipop Open Practise -- (high and low lollipop available)	£10
	19.15 – 20.15	Absolute Beginners Pole with Mandy	£12
	19.15 – 20.15	Lollipop Open Practise -- (high and low lollipop available)	£10
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 space permitting</i>	£10
	18.00 – 19.00	Aerial Hoop (Beginners welcome) with Mandy	£12
	19.15 – 20.15	Beginners Aerial Silks – (Intermediates can also practice)	£10
FRIDAY	16.45 – 17.45	Kids Aerial with Mandy <i>Parents can join in for £5 space permitting</i>	£10
	18.00 – 19.00	Adults Aerial fun session Silks, Pole, Hoop, Lollipop, Trapeze	£12
	19.15 – 20.15	Pole All-Levels with Beth	£12
SUN	10.00 – 10.45	Aerial Yoga Meditation (one person to a hammock)*	£8
	11.00 – 11.45	MOVEicals with Mandy – Dance-along* (dance along to songs from the musicals)	£5

OPEN GYM TRAINING – treadmill, weights machine, elliptical trainer, spin bike – only £2.00 an hour during class times – contact to book or pop along

Discounts available if booking 4 or more personal sessions in SEPTEMBER

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

PARTIES – Book your child's BIRTHDAY party, your adult BIRTHDAY party, your HEN party or your TEAM BUILDING party with us! POLE PARTIES, BURLESQUE PARTIES, AERIAL PARTIES and DANCE-ALONG PARTIES. Prices from only £15 pp Email info@tempestdance.com