



MAY 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 from THURSDAY 18th – TUESDAY 30th MAY except for Beth's Pole highlighted below – DURHAM studio is OPEN book now!

MONDAY	15.30 – 16.30	Private session Contact directly to book 1-1 or group*	£15 - £35pp
	16.45 – 17.45	Kids Aerial with Mandy <i>Parents can join in for £5 space permitting</i>	£10
	18.00 – 18.45	MOVEicals with Mandy*	£5
	19.00 – 20.00	Pole Beginners to Intermediate with Mandy	£12
TUESDAY	10.45 – 11.45	PRIVATE POLE session with Beth	£15 - £35pp
	12.00 – 13.00	POLE ALL LEVELS with Beth	£12
	15.30 – 16.30	Private session Contact directly to book 1-1 or group*	£15 - £35pp
	16.45 – 17.45	Kids Aerial with Mandy Parents can join in for £5 space permitting	£10
	18.00 – 19.00	Aerial Yoga All Levels	£12
	19.15 – 20.15	Adults Aerial Fun session – Silks, Pole, Hoop, Lollipop, Trapeze and doubles fun	£12
WED	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
	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 MIXED AERIAL – introduction to Hoop, Silks, Trapeze, Lollipop etc	£12
	19.15 – 20.15	Beginners Aerial Silks – (Intermediate self/practice)	£10
FRIDAY	15.30 – 16.30	Private session Contact directly to book 1-1 or group*	£15 - £35pp
	16.45 – 17.45	Kids Aerial with Mandy Parents can join in for £5 space permitting	£10
	18.00 – 19.00	Adults Aerial fun session Silks, Pole, Hoop, Lollipop, Trapeze and doubles fun	£12
	19.15 – 20.15	Pole All-Levels with Beth	£12
NEW.....EVERY OTHER SUNDAY: BURLEX WITH HAYLEY			

*****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 sessions in MAY Contact info@tempestdance.com and ask for your personal discount code (exclusions apply)*

BOOK YOUR PARTY!

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