



# FEBRUARY



## CLASSES



## 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	15.30 – 16.30	Private session Contact directly to book 1-1 or group*	£15 - £35pp
	16.45 – 17.45	Kids Aerial with Mandy	£10
	18.00 – 18.45	MOVEicals with Mandy*	£5
	19.00 – 20.00	Pole Beginners to Intermediate with Mandy	£12
TUESDAY	14.00 – 15.00	<b>BEGINNERS HATHA YOGA with Mandy (mats provided or bring own)</b>	<b>£6</b>
	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 – 19.00	Aerial Yoga All Levels with Mandy	£12
	19.15 – 20.15	Adults Aerial Fun session with Mandy	£12
WED	By arrangement	<b>NEW REIKI Healing session with Mandy by arrangement</b>	£20
	18.00 – 19.00	Pole Beginners to Intermediate with Mandy (Claire last Wed of the month)	£12
	19.15 – 20.15	Absolute Beginners Pole with Mandy (Claire last Wed of the month)	£12
THURSDAY	15.30 – 16.30	Private session Contact directly to book 1-1 or family group*	£15 - £35pp
	16.45 – 17.45	Kids Aerial with <b>Sophie</b> <i>Parents can join in for £5 space permitting</i>	£10
	18.00 – 19.00	Aerial Hoop (Beginners welcome) with <b>Sophie</b>	£12
	19.15 – 20.15	Beginners Mixed Aerial – introduction aerial with <b>Sophie</b>	£12
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 <i>Parents can join in for £5 space permitting</i>	£10
	18.00 – 19.00	Adults Aerial fun session with Mandy	£12
	19.15 – 20.15	Pole All-Levels with Beth	£12

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

**Treat your loved one to a 1-1 REIKI Healing Session**

Hands on or off - private healing sessions only £20

## BOOK YOUR PARTY – for FEBRUARY

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](mailto:info@tempestdance.com)