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# Adult Ballet BOOTCAMP

Thursday Evening Course Dates 2016/2017

4 Week Block Courses 7:45-8:45pm (Studio 2)

**£28 for each 4 week block course. To be paid in advance of /before each course start date/day, either by phone or cash/card only at reception.  
(NO Cheques or American Express Cards accepted)**

2016	
Block 1	8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> Sept
Block 2	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> Oct
Block 3	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> Nov
Block 4	1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> Dec & 5 <sup>th</sup> Jan 2017
2017	
Block 5	12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> Jan & 2 <sup>nd</sup> Feb
Block 6	9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> Feb & 2 <sup>nd</sup> Mar
Block 7	9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> Mar
Block 8	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> Apr
Block 9	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> May
Pay as you go week	1 <sup>st</sup> Jun
Block 10	8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> Jun
Block 11	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> July
Pay as you go week	3 <sup>rd</sup> Aug
Block 12	10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> Aug

#### What is BALLET BOOTCAMP?

Strengthening/conditioning fused with ballet with Pointe work incorporated at the barre for leg toning and shaping. (Also done on demi-pointe for those without pointe shoes!). Ballet, Fitness and a Dancers Body all in one class!

**This class would also suit graded students who are on pointe and would like some extra strengthening exercises.**