

Dance Visions Studios

ADULT Weekly Dance/Fitness Classes

Please try to Pre-Book Adult Classes where possible

Adult Classes (unless otherwise specified) are suitable for all ages 16yrs+
13yrs+ and interested in one of these classes? (Please contact us)

Monday

Time	Class	Studio	Price
10:30 - 11:30	Contemporary 'Flowdance' - <i>Young at heart!</i> Over 50's	S3	£ 6.00
18:15 - 19:15	Tap Improvers/Int	S1	£ 8.00
19:30 - 20:30	Contemporary	S1	£ 8.00

Tuesday

Time	Class	Studio	Price
19:00 - 20:00	Ballet Beginner/Improver	S2	£ 8.00
18:15 - 19:15	Cuban Salsa - Beginners Fundamentals (Level 1)	S1	£ 8.00
19:30 - 20:30	Cuban Salsa Classes (for all other levels - Level 2 and above)	S1	£ 8.00
20:30 - 21:00	Salsa Freestyle- Practice what you have learnt	S1	NIL

Wednesday

Time	Class	Studio	Price
10:00 - 11:00	Silver Dancers Ballet - <i>Young at heart!</i> Over 50's	S2	£ 6.00
10:00 - 11:00	AfroFit	S1	£ 8.00

Thursday

Time	Class	Studio	Price
10:30 - 11:30	Zumba	S1	£ 6.00

Friday

Time	Class	Studio	Price
18:30 - 19:30	Burnout DanceFit <i>(Please contact Eno via email: burnoutglobal@gmail.com or over the phone: 07960776353 for bookings/enquiries)</i>	S2	£ 10.00
19:30 - 20:30	AfroBeats Progressive Choreography Course (5 week block) <i>(Weekly drop-in option - Pay As You Go)</i>	S2	£ 40.00 £ 10.00

Saturday

10:30 - 11:30	Burnout DanceFit <i>(Please contact Eno via email: burnoutglobal@gmail.com or over the phone: 07960776353 for bookings/enquiries)</i>	S1	£ 10.00
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Studios are also available for Hire - Rehearsals, Clubs, Meetings, Training, Talks, Conferences,
Corporate Events, Dance/Exercise and Private Lessons.