

Dance Visions Studios

ADULT Weekly Dance/Fitness Classes

All Adult classes are Pre-Book only and paid Monthly

New Joiners - First class pay as you go (contact us)

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
19:30 - 20:30	Salsa Solo Lessons (<i>Pre-Improver Level & above</i>)	S1	£ 8.00
20:30 - 21:00	Salsa Solo Workshops <i>New workshop every month (Pre-Improver Level & above)</i>	S1	£ 4.00

****SALSA BEGINNERS - If you are an Absolute Beginner or Beginner wanting to learn Salsa please contact us for info on Beginner Classes and Courses****

Wednesday

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

Thursday

Time	Class	Studio	Price
10:30 - 11:30	Zumba	S1	£ 6.00
19:30 - 20:45	Flowetic (<i>Dance, Flow, Stretch and Tone</i>)	S1	£ 8.00

Friday

Time	Class	Studio	Price
10:30 - 11:45	Flowetic (<i>Dance, Flow, Stretch and Tone</i>)	S1	£ 8.00

Studios are also available for Hire - Rehearsals, Clubs, Meetings, Training, Talks, Conferences, Corporate Events, Dance/Exercise and Private Lessons.