

## Dance Visions Studios

### ADULT Weekly Dance/Fitness Classes

**All Adult classes are Pre-Book only**

**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> <b>Over 50's</b>	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	Cuban Salsa Classes	S1	£ 8.00
20:30 - 21:00	Salsa Freestyle- Practice what you have learnt	S1	NIL

**\*\*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> <b>Over 50's</b>	S2	£ 6.00

#### Thursday

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

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