

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 Class (for all other levels - Level 2 and above)	S1	£ 8.00
20:30 - 21:00	Bonus Salsa Workshop - Created to compliment previous Class	S1	£ 4.00

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	AfroBeats Progressive Choreography Course (5 week block)	S2	£ 40.00
	(Weekly drop-in option - Pay As You Go)		£ 10.00

Saturday

10:30 - 11:30	Burnout DanceFit	S1	£ 10.00
	<i>(Please contact Eno via email: burnoutglobal@gmail.com or over the phone: 07960776353 for bookings/enquiries)</i>		

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

Dance Visions Studios

Children's Weekly Dance/ Fitness Classes

Monday

Time	Class	Studio	Age
09:30 - 10:15	Tinies Gymnastics	S1	2 - 4 yrs
16:30 - 17:30	Grade 6 Tap	S4	10 - 16yrs
17:00 - 18:00	Street Dance (Vicky King Dynamic Dance)	S1	7 - 16yrs

Tuesday

Time	Class	Studio	Age
16:00 - 17:00	Gymnastics - Juniors	S1	4 - 6 yrs
16:00 - 17:00	Pre-Primary Ballet, Tap & Modern	S3	4.5 - 6 yrs
17:00 - 18:00	Acro/Rhythmic Gymnastics - Juniors/Inters (Learn a new routine each Term)	S1	6 - 12 yrs
17:00 - 18:00	Primary Ballet, Tap & Modern	S3	6 - 9 yrs
18:00 - 18:45	Grade 2 Ballet	S3	8 - 12 yrs
18:15 - 19:00	Pre-Pointe Ballet	S2	10 -16 yrs

Wednesday

Time	Class	Studio	Age
16:10 - 17:10	Gymnastics - Juniors	S1	4 - 6 yrs
16:15 - 17:15	Mini Beats	S3	5 - 8 yrs
17:15 - 18:15	AfroBeats	S3	9 - 14 yrs
17:15 - 18:15	Gymnastics - Inters	S1	7 - 9 yrs
18:20 - 19:20	Gymnastics - Seniors	S1	10 - 16 yrs

Thursday

Time	Class	Studio	Age
16:00 - 17:00	Gymnastics - Juniors	S1	4 - 6 yrs
17:05 - 18:05	Gymnastics - Inters	S1	7 - 9 yrs
18:10 - 19:10	Gymnastics - Seniors	S1	10 - 16 yrs

Friday

Time	Class	Studio	Age
17:00 - 18:00	DV Gym Squad Juniors	S1	7 - 10yrs
18:00 - 19:00	Gym Squad - Levels Class Jnrs/Inter/Sen (ALL)	S1	7 - 16yrs
19:00 - 20:00	DV Gym Squad Inters/Seniors	S1	10 - 16yrs

Saturday

Time	Class	Studio	Age
08:55 - 09:40	Primary/ Grade 1 Ballet	S2	6 - 9 yrs
09:05 - 09:35	Twinkle Toes Ballet	S3	2.5 - 3.5 yrs
09:40 - 10:25	Twinkle Toes Ballet/Tap	S3	3.5 - 4.5 yrs
09:40 - 10:10	Primary Tap/Grade 1 Modern	S2	6 - 9 yrs
09:45 - 10:30	Hip Hop Jnr/Int	S1	5 - 10 yrs
10:10 - 10:55	Grade 2 Ballet	S2	8 - 12 yrs
10:30 - 11:30	Pre-Primary Ballet, Tap & Modern	S3	4.5 - 6 yrs
11:00 - 11:45	Grade 2 Tap	S2	7 - 9 yrs
11:45 - 12:30	Grade 3 Modern Theatre Dance	S2	8 - 14 yrs
12:35 - 13:20	Grades 3/4 Ballet	S2	9 - 12 yrs
13:20 - 14:05	Grades 5 Ballet	S2	11 - 16 yrs

Please note: For Childrens Ballet, Tap & Modern Classes - All ages are a guide. These classes are based on ability. Gym classes are based on age only so please ask a member of staff if you require guidance or any further information when choosing classes. Childrens classes do not run in School Holidays but we may run holiday camps/workshops.