

Dance Visions Studios Children's Classes

Monday

Time	Class	Age
09:30 - 10:15	Tinies Gymnastics	2-4 yrs
16:00 - 17:00	Gymnastics - Inters	7-9 yrs
16:15 - 16:45	G1 Tap	7-9yrs
16:45 - 17:15	G2 Modern Theatre Dance	8-10yrs
16:30 - 17:15	Vicky King - Beginners Street Dance	7-11 yrs
17:15 - 18:00	G4 Modern Theatre Dance	11 - 13 yrs
17:15 - 18:00	G1 Ballet	7-9 yrs
17:15 - 18:00	Vicky King - Beginners Street Dance	11-16 yrs
18:00 - 18:45	G5 Tap	12 - 14 yrs
18:45 - 19:30	G6 Modern Theatre Dance	13-16 yrs

Tuesday

Time	Class	Age
17:00 - 18:00	Acro/Rhythmic Gymnastics - Juniors/Inters	6 - 9 yrs
18:00 - 19:00	Acro/Rhythmic Gymnastics - Inters/Seniors	9 - 14 yrs

Wednesday

Time	Class	Age
11:00 - 11:45	Ballet/Tap for Babies	3.5 - 4.5 yrs
11:45 - 12:15	Ballet for Babies	2.5 - 3.5 yrs
16:00 - 17:00	Gymnastics - Juniors	4-6 yrs
16:00 - 17:00	Pre-Primary Ballet, Tap & Modern	4.5 - 6 yrs
17:00 - 17:45	Primary Ballet	6-8 yrs
17:00 - 18:00	Gymnastics - Inters	7 -9 yrs
18:00 - 19:00	Gymnastics - Seniors	10-12 yrs

Thursday

Time	Class	Age
16:00 - 17:00	Gymnastics - Juniors	4 - 6 yrs
17:00 - 18:00	Gymnastics - Inters	7 - 9 yrs
18:00 - 19:00	Gymnastics - Seniors	10-12 yrs

Friday

Time	Class	Age
17:00 - 18:00	Gym Squad - Inters	7 - 9 yrs
18:00 - 19:00	Gym Squad - Seniors	10 - 12 yrs

Saturday

Time	Class	Age
09:00 - 10:00	Gymnastics -Juniors	4 - 6 yrs
09:00 - 09:30	Ballet for Babies	2.5 - 3.5 yrs
09:30 - 10:15	Ballet / Tap for babies	3.5 - 4.5 yrs
10:15 - 11:15	Pre-Primary Ballet, Tap & Modern	4.5 - 6 yrs
09:00 - 10:00	Primary Ballet, Tap & Modern	6 - 9 yrs
10:00 - 10:30	G1 Tap	7 - 9 yrs
10:30 - 11:15	G1 Ballet	7 - 9 yrs
11:15 - 11:45	G2 Modern Theatre Dance	8 - 10 yrs
10:00 - 11:00	Gymnastics - Inters	7 - 9 yrs
11:00 - 12:00	Gymnastics - Seniors	10 - 12 yrs
12:00 - 13:00	Gymnastics - Juniors	4 - 6 yrs
11:45 - 12:30	G2 Ballet	9 - 11 yrs
12:30 - 13:15	G3 Ballet	10 - 12 yrs
13:15 - 14:00	G4 Ballet	11 - 14 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. Please check for any changes or breaks to Adult classes which we normally keep running in school holidays.

Dance Visions Studios Adult Dance/Fitness Classes

Monday			
Time	Class	Price	
10:30 - 11:30	ADULT Contemporary (40's)	£	6.00
18:30 - 19:30	ADULT Tap Beginners/Improvers	£	8.00
19:30 - 20:30	ADULT Contemporary (4wk Courses)	£	32.00
Tuesday			
Time	Class	Price	
19:00 - 20:00	ADULT Ballet Beginner/Improver	£	8.00
19:30 - 20:30	ADULT Salsa Lessons		
20:30 - 21:30	ADULT Salsa Freestyle Dancing	£	8.00
Wednesday			
Time	Class	Price	
10:00 - 11:00	ADULT Silver Dancers Ballet 40yrs +	£	6.00
Thursday			
Time	Class	Price	
10:30 - 11:30	ADULT Zumba	£	6.00
17:00 - 18:00	ADULT Yoga	£	7.00
18:00 - 19:00	ADULT Flowetic	£	8.00

Studios are also available for hire - Rehearsals, Clubs, Meetings, Training, Talks, Conferences, Corporate Events, Dance and private Lessons.