



MARCH/APRIL

CLASSES



Tempest Dance Studio Washington

ALL SESSIONS HELD AT: TEMPEST DANCE STUDIO MISSION HALL, RAILWAY TERRACE, COLUMBIA, WASHINGTON NE38 7BE
BOOKING ESSENTIAL – BOOK HERE: WWW.TEMPESTDANCE.COM

MONDAY	15.30 – 16.30	Private session Contact directly to book 1-1 or group*	£15 - £35pp
	16.45 – 17.45	Kids Aerial with Mandy	£10
	18.00 – 18.45	MOVEicals with Mandy*	£5
	19.00 – 20.00	Pole Beginners to Intermediate with Mandy	£12
TUESDAY	14.00 – 15.00	BEGINNERS HATHA YOGA with Mandy (mats provided or bring own)	£6
	15.30 – 16.30	Private session Contact directly to book 1-1 or group*	£15 - £35pp
	16.45 – 17.45	Kids Aerial with Mandy <i>Parents can join in for £5 space permitting</i>	£10
	18.00 – 19.00	Aerial Yoga All Levels with Mandy	£12
	19.15 – 20.15	Adults Aerial Fun session with Mandy	£12
WED	By arrangement	NEW REIKI Healing session with Mandy by arrangement	£20
	18.00 – 19.00	Pole Beginners to Intermediate with Mandy (Claire last Wed of the month)	£12
	19.15 – 20.15	Absolute Beginners Pole with Mandy (Claire last Wed of the month)	£12
THURSDAY	15.30 – 16.30	Private session Contact directly to book 1-1 or family group*	£15 - £35pp
	16.45 – 17.45	Kids Aerial with Sophie <i>Parents can join in for £5 space permitting</i>	£10
	18.00 – 19.00	Aerial Hoop (Beginners welcome) with Sophie	£12
	19.15 – 20.15	Beginners Mixed Aerial – introduction aerial with Sophie	£12
FRIDAY	15.30 – 16.30	Private session Contact directly to book 1-1 or group*	£15 - £35pp
	16.45 – 17.45	Kids Aerial with Mandy <i>Parents can join in for £5 space permitting</i>	£10
	18.00 – 19.00	Adults Aerial fun session with Mandy	£12
	19.15 – 20.15	Pole All-Levels with Beth	£12

*****OPEN GYM TRAINING***** – treadmill, weights machine, elliptical trainer, spin bike – only £2.00 an hour during class times – contact to book or pop along

1-1 REIKI Healing Session

Hands on or off - private healing sessions only £20

BOOK YOUR PARTY – for MARCH or APRIL

Book your child's BIRTHDAY party, your adult BIRTHDAY party, your HEN party or your TEAM BUILDING party with us! POLE PARTIES, BURLESQUE PARTIES, AERIAL PARTIES and DANCE-ALONG PARTIES.

Prices from only £15 pp Email info@tempestdance.com