



JULY 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* No session Monday 29th July	£5
	19.00 – 20.00	Pole Beginners to Intermediate with Mandy	£12
	20.00 – 21.00	NEW Pole ALL-LEVELS with Beth	£12
TUESDAY	14.00 – 15.00	BEGINNERS HATHA YOGA with Mandy (mats provided) No session Tues 20th July	£6
	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	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
THURS	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

SUNDAY 21st JULY – GONG BATH with Claire from The Flame Within
Book now £20 for a hammock £16 for floor space 5.30pm & 7.00pm

1-1 REIKI Healing Session

Hands on or off - private healing sessions from only £20

Still TAKING PARTY BOOKINGS for JULY and AUGUST

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