



MARCH TIMETABLE



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

MON	16.45 – 17.45	Kids Aerial with Charley (ages 6-14)	£10
	18.00 – 18.45	MOVEicals with Mandy*	£5
	19.00 – 20.00	Pole Beginners to Intermediate with Mandy (Tom usually last Monday of the month)	£12
TUESDAY	14.00 – 15.00	BEGINNERS HATHA YOGA with Mandy (mats provided)	£6
	16.45 – 17.45	Kids Aerial with Mandy (ages 6 – 16)	£10
	18.00 – 19.00	Aerial Yoga All Levels with Mandy	£12
	19.15 – 20.15	Adults Aerial Fun session with Mandy	£12
	20.30 – 21.30	NEW Pole all levels with Beth	£12
WED	By arrangement	REIKI Healing session with Mandy by arrangement	from £25
	18.00 – 19.00	Pole Mixed Ability with Mandy	£12
	19.15 – 20.15	Absolute Beginners Pole with Mandy	£12
THURS	16.45 – 17.45	Kids Aerial with Sophie (ages 6 – 14)	£10
	18.00 – 19.00	Aerial Hoop (Beginners welcome) with Sophie	£12
	19.15 – 20.15	Beginners Mixed 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 (ages 6 – 14) (Charley 7 th & 21 st)	£10
	18.00 – 19.00	Adults Aerial fun session with Mandy (Charley 7 th & 21 st)	£12
SAT	10.00 – 11.00	Kids Aerial with Charley (ages 6 – 14)	£10
	11.15 – 12.15	Aerial for adults and kids (age 6 - 96) with Charley	£12/10

SUNDAY 9th MARCH – GONG BATH in Hammocks

SUNDAY 23rd MARCH – NUNCHUCKS for Charity

See facebook events page for details

Private Group Lessons from £15 pp

1-1 Lessons £35 contact us for a time to suit you

PARTY BOOKINGS from only £15 pp Email info@tempestdance.com