



Tempest Dance  
and Fitness  
#beamtempest

# SEPTEMBER 2020 TEMPEST STUDIO TIMETABLE

All classes held at:

Tempest Dance & Fitness, Maynards Row, Gilesgate, Durham DH1 1QF

Contact: 07507632458

**Booking Essential – no drop-ins. Book on the website.**

<b>Monday</b>	<b>Unit 4 - Upstairs</b>
18.15 – 19.00	Pole Beginners with Suzy (4)
19.30 – 20.15	Pole All Levels with Suzy (4)
<b>Tuesday</b>	<b>Unit 4</b>
10.45 – 11.30	Pole All Levels with Beth (4)
12.00 – 12.45	Pole Beginners with Beth (4)
18.15 – 19.00	Spin Pole with Suzy (4)
19.30 – 20.15	Pole All Levels with Suzy (4)
<b>Wednesday</b>	<b>Unit 4</b>
<b>18.15 – 19.00</b>	<b>Pole All Levels with Suzy (4)</b>
19.30 – 20.15	Pole All Levels with Suzy (4)
<b>Thursday</b>	<b>Unit 4</b>
<b>18.15 – 19.00</b>	<b>Pole Beginners/Improvers with Beth (4)</b>
19.30 – 20.15	Pole Inverters Plus with Beth (4)
<b>Friday</b>	<b>Unit 4</b>
18.00 – 18.45	Filthy Friday Pole Heels with Suzy (4) BLOCK booked
19.15 – 20.00	Filthy Friday Pole Heels with Suzy (4) BLOCK booked
<b>20.15 – 12.00</b>	<b>Filthy Friday Pole Heels with Suzy (4)</b>
<b>Saturday</b>	<b>Unit 4</b>
10.00 – 10.45	Pole All Levels with Beth (4)
11.15 – 12.00	Pole All Levels with Beth (4)

<b>Monday</b>	<b>Unit 5 - downstairs</b>
16.45 – 17.30	Private Aerial available to book with Amy *
<b>18.00 – 18.45</b>	<b>Aerial Strength &amp; Conditioning with Amy (4)</b>
19.15 – 20.00	Aerial Hoop All Levels with Amy (4)
<b>Tuesday</b>	<b>Unit 5</b>
18.00 – 18.45	Return to Trapeze with Gemma (4)
19.15 – 20.00	Return to Silks with Gemma (4)
<b>20.30 – 21.15</b>	<b>Aerial Hoop PRIVATE available to book (4)</b>
<b>Wednesday</b>	<b>Unit 5</b>
18.00 – 18.45	Aerial Hoop Beginners with Gemma (4)
19.15 – 20.00	Aerial Hoop All Levels with Gemma (4)
<b>20.30 – 21.15</b>	<b>Aerial Hoop PRIVATE available to book (4)</b>
<b>Thursday</b>	<b>Unit 5</b>
18.00 – 18.45	Aerial Strength & Conditioning Gemma (4)
19.15 – 20.00	Aerial Hoop Beginners with Gemma (4)
<b>20.30 – 21.15</b>	<b>Aerial Hoop PRIVATE available to book (4)</b>
<b>Friday</b>	<b>Unit 5</b>
16.45 – 17.30	Private Aerial Available to book with Amy*
18.00 – 18.45	Beginners Silks with Amy (4)
19.15 – 20.00	Beginners Trapeze with Amy (4)

*\*the option to book an aerial class with up to 3 of your friends*

Class Price List	
Aerial/Pole	£12
Aerial Strength & Conditioning	£10
*Private Lesson 1-1 £35 2-1 £25 each. 3-1 £20 each, 4-1 £15 each	

## COVID -19

All precautions have been taken to allow you to return to classes safely. Please read all of the necessary policies before returning to class. It is essential that you complete the COVID-19 Informed Consent Form and PARQ before coming to your first session <https://www.tempestdancestudio.com/parq-and-policies/>

Please bring your own hand sanitiser and a face covering (masks are not to be worn when exercising).

## Important Changes

Due to government guidelines it is necessary to decrease class times and slightly increase class fees temporarily during this time of transition.

However as a class of only 4 people you will get more pole time and a more boutique service so we are offering really good value for money!

Payment is now due at the time of booking and the cancellation period is 24 hours.

<https://www.tempestdance.com/wp-content/uploads/2020/07/Studio-Policy-July-2020.pdf>

Book your classes here: [www.tempestdancestudio.com](http://www.tempestdancestudio.com)



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