



DEC 20/JAN 21 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.

Monday	Unit 4 - Upstairs
18.00 – 18.45	Pole Beginners with Suzy (4)
19.15 – 20.00	Pole All Levels with Suzy (4)
Tuesday	Unit 4
10.45 – 11.30	Pole All Levels with Beth (4)
12.00 – 12.45	Pole Beginners with Beth (4)
18.00 – 18.45	Spin Pole with Suzy (4)
19.15 – 20.00	Pole Intro to Heels with Suzy (4)
Wednesday	Unit 4
18.00 – 18.45	Pole All Levels with Suzy (4)
19.15 – 20.00	Pole All Levels with Suzy (4)
Thursday	Unit 4
18.00 – 18.45	Pole Beginners/Improvers with Beth (4)
19.15 – 20.00	Pole Inverters Plus with Beth (4)
Friday	Unit 4
18.00 – 18.45	Filthy Friday Heels TBA
19.15 – 20.00	Filthy Friday Heels TBA
Saturday	Unit 4
10.00 – 10.45	Pole All Levels with Beth (4)
11.15 – 12.00	Pole All Levels with Beth (4)

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

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

COVID -19
<p>All precautions have been taken to allow you to return to classes safely. Please read all 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</p> <p>https://www.tempestdancestudio.com/parq-and-policies/</p> <p>A face covering must be worn on entering and leaving the studio, please use hand sanitiser provided.</p> <p>Social distancing applies inside and outside the studio, do not gather outside of the studio.</p> <p>Masks must be worn in the toilet block.</p> <p>Payment is now due at the time of booking and the cancellation period is 24 hours.</p>

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	

Book your classes here:

www.tempestdancestudio.com



@tempeststudio