

# ADULT TIMETABLE 2021

All classes start week commencing Monday 17<sup>th</sup> May. All classes must be booked in advance via our class manager portal. Follow the link on the website or email to book.

## MONDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	BOOKING REQUIRED	COST
ZUMBA	11:15AM-12:10	WATERFOOT	4	YES	YES	£5
BALLET	7:30-7:55PM	RAMSBOTTOM	3	YES	NO	£2.50
TAP	8-8:25PM	RAMSBOTTOM	3	YES	NO	£2.50
MEGAFIT	7:30-8:25PM	RAMSBOTTOM	2	YES	YES	£5

## TUESDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	BOOKING REQUIRED	COST
TAP	7:30-8:25PM	WATERFOOT	4	YES	YES	£5
BALLET	8:30-9:25PM	WATERFOOT	4	YES	YES	£5

## WEDNESDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	BOOKING REQUIRED	COST
HEELS	8-8:55PM	RAMSBOTTOM	3	YES	YES	£5

MEGAFIT: A circuit and reps-based fitness class, great for all ages and fitness levels.

HEELS: A dance class wearing heels, fun energetic routines which are designed for all ages and abilities.

## THURSDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	BOOKING REQUIRED	COST
STRICTLY DANCE & TONE	7-7:50PM	RAMSBOTTOM	3	YES	YES	£5
LINE DANCING	8-8:55PM	RAMSBOTTOM	2	NO	YES	£5

STRICTLY DANCE & TONE: A fusion fitness class combining fun, strictly based cardio routines of salsa, jive, disco, Bollywood, waltz and more, together with a toning section using resistance bands and Bender balls. This is a specially designed class to increase energy levels, strengthen muscle groups, and promote healthy aging and well-being. Great for all ages and fitness levels, the routines are all set to fun music and broken down for all abilities.