

Deeside Dance Centre
TIMETABLE – AUTUMN 2021

TUESDAY 17TH AUGUST – SATURDAY, 16TH OCTOBER 2021

PLEASE NOTE THAT IF COVID RESTRICTIONS APPLY THEN CLASSES WILL BE DELIVERED ON ZOOM

STUDIO 1		STUDIO 2			
MONDAY	FROM 23RD AUGUST	8 wks	MONDAY	FROM 23RD AUGUST	8 wks
9.30-10.30am	Pilates Improvers - pilates@deesidedancecentre.co.uk	Book direct	10.00 -11.00am	Adult Contemporary (Zoom)	
11.00-12.00noon	Pilates (Zoom) - pilates@deesidedancecentre.co.uk	with	11.00-12.30pm	Menopause Yoga with Yay4yogawellbeing - 4 wk block from 30/8/21- yay4yoga@hotmail.com	Book Direct with Alison
12.15-1.15pm	Pilates Matwork - pilates@deesidedancecentre.co.uk	Emma	1.00-1.30pm	Nursery Ballet	
4.05-5.05pm	Grade 4 Ballet		1.35-2.20pm	Pre-Primary Ballet	
5.10-6.40pm	Inter-Found Ballet		4.00-5.15pm	Grade 5 Ballet	
6.45-7.15pm	Pointe/Conditioning		5.20-6.20pm	Contemporary Beginners	
7.20-8.50pm	Inter/Adv 1 Ballet		6.25-7.25pm	Contemporary Improvers	
			7.30-8.30pm	Mixed Ability Hatha Yoga - yogalisa@hotmail.co.uk	Book Direct with Lisa Taylor
TUESDAY	FROM 17TH AUGUST	9 wks	TUESDAY	FROM 17TH AUGUST	9 wks
9.45-11.15am	Ballet by Invitation		10.00-11.00am	DDMIX	
			11.00-11.30am	DDMIX Stretch	
4.05-5.35pm	Adv 1 Ballet		4.00-4.45pm	Primary Ballet	
5.40-7.10pm	Inter Ballet		4.50-5.50pm	Grade 3 Ballet	
7.15-8.45pm	Inter-Found Ballet		5.55-7.25pm	Adult Jazz	
			7.30-8.30pm	DDMIX	
			8.30-9.00pm	DDMIX Stretch	
WEDNESDAY	FROM 18TH AUGUST	9 wks	WEDNESDAY	FROM 18TH AUGUST	9 wks
			10.00-11.00am	Adult Tap Improvers	
			11.05-12.05pm	Adult Modern	
			12.15-1.15pm	Adult Tap Beginners	
3.45-4.30pm	Children's Yoga - yay4yoga - yay4yoga@hotmail.com	Book Direct with Alison Sharp	3.50-4.50pm	Grade 2 Tap/Modern	
4.45-5.30pm	Jnr Musical Theatre		4.55-5.55pm	Grade 5/6 Tap	
5.35-6.35pm	Inter 1 Musical Theatre		6.00-7.00pm	Grade 6 Modern	
6.40-7.40pm	Inter 2 Musical Theatre		7.05-8.05pm	Inter Tap	
7.45-8.45pm	Snr Musical Theatre				
THURSDAY	FROM 19TH AUGUST	9 wks	THURSDAY	FROM 19TH AUGUST	9 wks
9.25-10.25am	Adult Ballet Beginners		9.30-10.30am	Gentle Hatha Yoga - yogalisa@hotmail.co.uk	Book Direct with Lisa Taylor
10.35-11.50am	Adult Ballet (1)		11.00-12noon	DDMIX	
11.55-1.10pm	Adult Ballet (2)		12.00-12.30pm	DDMIX Stretch	
1.30-2.00pm	Nursery Ballet				
2.05-2.50pm	Pre-Primary Ballet				
3.50-4.35pm	Grade 1 Ballet				
4.40-5.40pm	Grade 2 Ballet		4.00-4.45pm	Pre-Junior Jazz	
5.45-6.30pm	Junior Highland		4.50-5.50pm	Grade 5 Modern	
6.35-7.35pm	Inter Highland		5.55-6.55pm	Adv 1 Modern	
8.00-9.00pm	Yoga for Runners/Cyclists - alison.mathers@btinternet.com	Book Direct with Ali Mathers	7.05-8.05pm	Zumba	
FRIDAY	FROM 20TH AUGUST	9 wks	FRIDAY	FROM 20TH AUGUST	9 wks
9.05-10.35am	Feldenkrais Walking Class - maccagno.paolo@gmail.com	Book Direct with Paolo	9.30-10.30am	Mixed Ability Hatha Yoga - yogalisa@hotmail.co.uk	Book Direct with Lisa Taylor
10.45-11.30am	Abricabeats - angelapeden@musician.org	Book Direct with Angela Peden			
11.45-12.30pm	Abricabeats - angelapeden@musician.org	Book Direct with Angela Peden			
1.00-1.45pm	Abricabeats - angelapeden@musician.org	Book Direct with Angela Peden			
4.05-5.35pm	Snr Jazz 1		4.00-4.45pm	Grade 3 Tap	
5.40-7.10pm	Snr Jazz 2		4.50-5.50pm	Grade 3 & 4 Modern	
7.15-8.15pm	Invitation Jazz		5.55-6.40pm	Grade 4 Tap	
			6.45-7.45pm	Jnr Jazz	
			7.50-8.50pm	Inter Jazz	
SATURDAY	FROM 21ST AUGUST	9 wks	SATURDAY	FROM 21ST AUGUST	9 wks
9.00-9.30am	Nursery Ballet		9.05-9.35am	Pre-Primary Tap	
9.40-10.25am	Primary Ballet		9.45-10.30am	Little Jazzers	
10.35-11.20am	Pre-Primary Ballet		10.40-11.40am	Primary Tap/Modern	
11.25-12.10pm	Grade 1 Ballet		12.15-1.15pm	Grade 1 Tap/Modern	
12.20-1.20pm	Grade 2 Ballet		1.30-2.15pm	Jnr Street Hip Hop A	
1.25-2.25pm	Grade 4/5 Ballet		2.20-3.05pm	Jnr Street Hip Hop B	
2.30-3.25pm	SCILL (alternate weeks)		3.10-4.10pm	Inter/Snr Street Hip Hop	
2.30-4.30pm	Workshops/Coaching as required - WATCH THIS SPACE!				