

Deeside Dance Centre

TIMETABLE – WINTER 2021

MONDAY, 1ST NOVEMBER – SATURDAY, 18TH DECEMBER, 2021

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

STUDIO 1		STUDIO 2			
MONDAY	FROM 1ST NOVEMBER	7 wks	MONDAY	FROM 1ST NOVEMBER	7 wks
	Pilates Improvers - pilates@deesidedancecentre.co.uk	Book direct	10.00 -11.00am	Adult Contemporary (Zoom)	
	Pilates (Zoom) - pilates@deesidedancecentre.co.uk	with			
	Pilates Matwork - pilates@deesidedancecentre.co.uk	Emma	1.00-1.30pm	Nursery Ballet	
	Grade 4 Ballet		1.35-2.20pm	Pre-Primary Ballet	
	Inter-Found Ballet		4.00-5.15pm	Grade 5 Ballet	
	Pointe/Conditioning		5.20-6.20pm	Contemporary Beginners	
	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 2ND NOVEMBER	7 wks	TUESDAY	FROM 2ND NOVEMBER	7 wks
	Ballet by Invitation		10.00-11.00am	DDMIX	
			11.00-11.30am	DDMIX Stretch	
	Adv 1 Ballet		4.00-4.45pm	Primary Ballet	
	Inter Ballet		4.50-5.50pm	Grade 3 Ballet	
	Inter-Found Ballet		5.55-7.25pm	Adult Jazz	
			7.30-8.30pm	DDMIX	
			8.30-9.00pm	DDMIX Stretch	
WEDNESDAY	FROM 3RD NOVEMBER	7 wks	WEDNESDAY	FROM 3RD NOVEMBER	7 wks
			10.00-11.00am	Adult Tap Improvers	
			11.05-12.05pm	Adult Modern	
			12.15-1.15pm	Adult Tap Beginners	
	Children's Yoga - yay4yoga - yay4yoga@hotmail.com	Book Direct with Alison Sharp	3.50-4.50pm	Grade 2 Tap/Modern	
	Jnr Musical Theatre		4.55-5.55pm	Grade 5/6 Tap	
	Inter 1 Musical Theatre		6.00-7.00pm	Grade 6 Modern	
	Inter 2 Musical Theatre		7.05-8.05pm	Inter Tap	
	Snr Musical Theatre				
THURSDAY	FROM 4TH NOVEMBER	7 wks	THURSDAY	FROM 4TH NOVEMBER	7 wks
	Adult Ballet Beginners		9.30-10.30am	Gentle Hatha Yoga - yogalisa@hotmail.co.uk	Book Direct with Lisa Taylor
	Adult Ballet (1)		11.00-12noon	DDMIX	
	Adult Ballet (2)		12.00-12.30pm	DDMIX Stretch	
	Nursery Ballet				
	Pre-Primary Ballet				
	Gd 1 Ballet				
	Gd 2 Ballet		4.00-4.45pm	Pre-Junior Jazz	
	Junior Highland		4.50-5.50pm	Grade 5 Modern	
	Inter Highland		5.55-6.55pm	Adv 1 Modern	
	Yoga for Runners/Cyclists - alison.mathers@btinternet.com	Book Direct with Ali Mathers	7.05-8.05pm	Zumba	
FRIDAY	FROM 5TH NOVEMBER	7 wks	FRIDAY	FROM 5TH NOVEMBER	7 wks
	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
	Abricabeats - angelapeden@musician.org	Book Direct with Angela Peden			
	Abricabeats - angelapeden@musician.org	Book Direct with Angela Peden			
	Abricabeats - angelapeden@musician.org	Book Direct with Angela Peden			
	Snr Jazz 1		4.00-4.45pm	Grade 3 & 4 Tap	
	Snr Jazz 2		4.50-5.50pm	Grade 3 & 4 Modern	
	Invitation Jazz		5.55-6.55pm	Jnr Jazz	
	Performance Group		7.00-8.00pm	Inter Jazz	
SATURDAY	FROM 6TH NOVEMBER	7 wks	SATURDAY	FROM 6TH NOVEMBER	7 wks
	Nursery Ballet		9.05-9.35am	Pre-Primary Tap	
	Primary Ballet		9.45-10.30am	Little Jazzers	
	Pre-Primary Ballet		10.40-11.40am	Primary Tap/Modern	
	Grade 1 Ballet		12.15-1.15pm	Grade 1 Tap/Modern	
	Grade 2 Ballet		1.30-2.15pm	Jnr Street Hip Hop A	
	Grade 4/5 Ballet		2.20-3.05pm	Jnr Street Hip Hop B	
	SCILL (alternate weeks)		3.10-4.10pm	Inter/Snr Street Hip Hop	
	Workshops/Coaching as required - WATCH THIS SPACE!				