

**Deeside Dance Centre**  
**TIMETABLE – SPRING 2022**

**WEDNESDAY, 5TH JANUARY – SATURDAY 2ND APRIL 2022**

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

	STUDIO 1		STUDIO 2		
MONDAY	FROM 10TH JANUARY	12 wks	MONDAY	FROM 10TH JANUARY	12 wks
9.30-10.30am	Pilates Improvers - <a href="mailto:pilates@deesidedancecentre.co.uk">pilates@deesidedancecentre.co.uk</a>	Book direct	10.00 -11.00am	Adult Contemporary (Zoom)	
11.00-12.00noon	Pilates (Zoom) - <a href="mailto:pilates@deesidedancecentre.co.uk">pilates@deesidedancecentre.co.uk</a>	with Emma			
			1.30 - 2.00pm	Nursery Ballet	
4.05-5.05pm	Grade 4 Ballet		2.05 - 2.50pm	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 - <a href="mailto:yogalisa@hotmail.co.uk">yogalisa@hotmail.co.uk</a>	Book Direct with Lisa Taylor
TUESDAY	FROM 11TH JANUARY	12 wks	TUESDAY	FROM 11TH JANUARY	12 wks
			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 5TH JANUARY	13 wks	WEDNESDAY	FROM 5TH JANUARY	13 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 - <a href="mailto:yay4yoga@hotmail.com">yay4yoga@hotmail.com</a>	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 6TH JANUARY	13 wks	THURSDAY	FROM 6TH JANUARY	13 wks
9.25-10.25am	Adult Ballet Beginners		9.30-10.30am	Gentle Hatha Yoga - <a href="mailto:yogalisa@hotmail.co.uk">yogalisa@hotmail.co.uk</a> starts 13th January	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	Gd 1 Ballet				
4.40-5.40pm	Gd 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 - <a href="mailto:alison.mathers@btinternet.com">alison.mathers@btinternet.com</a>	Book Direct with Ali Mathers	7.05-8.05pm	Zumba	
FRIDAY	FROM 7TH JANUARY	13 wks	FRIDAY	FROM 7TH JANUARY	13 wks
9.00-10.00am	Feldenkrais Walking Class - <a href="mailto:maccagno.paolo@gmail.com">maccagno.paolo@gmail.com</a>	Book Direct with Paolo	9.30-10.30am	Mixed Ability Hatha Yoga - <a href="mailto:yogalisa@hotmail.co.uk">yogalisa@hotmail.co.uk</a> starts 14th January	Book Direct with Lisa Taylor
10.45-11.30am	Abribeats - <a href="mailto:angelapeden@musician.org">angelapeden@musician.org</a>	Book Direct with Angela Peden			
11.45-12.30pm	Abribeats - <a href="mailto:angelapeden@musician.org">angelapeden@musician.org</a>	Book Direct with Angela Peden			
1.00-1.45pm	Abribeats - <a href="mailto:angelapeden@musician.org">angelapeden@musician.org</a>	Book Direct with Angela Peden			
4.05-5.20pm	Snr Jazz 1		4.00-4.45pm	Grade 3 & 4 Tap	
5.25-6.40pm	Snr Jazz 2		4.50-5.50pm	Grade 3 & 4 Modern	
6.45-8.00pm	Invitation Jazz		5.55-6.55pm	Jnr Jazz	
8.00-9.00pm	Performance Group		7.00-8.00pm	Inter Jazz	
SATURDAY	FROM 8TH JANUARY	13 wks	SATURDAY	FROM 8TH JANUARY	13 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 - <b>WATCH THIS SPACE!</b>				