

**DEESIDE DANCE CENTRE – ADULT CLASS TIMETABLE – AUTUMN 2024**  
**MONDAY, 19TH AUGUST – FRIDAY 11TH OCTOBER 2024**

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www.deesidedancecentre.co.uk

**ADULT CLASSES AT BANCHORY - HILL OF BANCHORY SOUTH, BANCHORY AB31 5BQ**

MONDAY FROM 19TH AUGUST 2024						
CLASS	START	FINISH	STUDIO	INSTRUCTOR	TO BOOK	Email
PILATES IMPROVERS	9.30 am	10.30 am	1	EMMA	07929957570	pilates@deesidedancecentre.co.uk
PILATES (ZOOM)	10.45 am	11.45 am	1	EMMA	07929957570	pilates@deesidedancecentre.co.uk
PILATES BACK TO BASICS	12 noon	1.00 pm	1	EMMA	07929957570	pilates@deesidedancecentre.co.uk
DEESIDE STROKE GROUP	2.00 pm	3.30 pm	1	ANNA	07981909162	annabichard@outlook.com
MIXED ABILITY HATHA YOGA – FROM 26TH AUGUST	7.50 pm	8.50pm	1	LISA	07895411929	yogalisa@hotmail.co.uk
TUESDAY FROM 20TH AUGUST 2024						
PILATES	11.10 am	12.10 pm	1	LAURA	07976049043	ldmphysio@hotmail.com
ADULT JAZZ	5.55 pm	7.25 pm	2	GILLIAN	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
DDMIX	7.30 pm	8.30 pm	2	GILLIAN	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
WEDNESDAY FROM 21ST AUGUST 2024						
ADULT TAP	10.00 am	11.00 am	2	DONNA	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
BARRE PILATES	11.10 am	12.10 pm	1	LAURA	07976049043	ldmphysio@hotmail.com
THURSDAY FROM 22ND AUGUST 2024						
GENTLE HATHA YOGA – FROM 29TH AUGUST	9.30 am	10.30 am	2	LISA	07895411929	yogalisa@hotmail.co.uk
ADULT BALLET BEGINNERS	9.45 am	10.45 am	1	ALINA	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
ADULT BALLET	10.50 am	12.05 pm	1	ALINA	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
DDMIX	11.00 am	12 noon	2	GILLIAN	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
YOGA FOR RUNNERS/CYCLISTS	8.00 pm	9.00 pm	1	ALI MATHERS	07971514737	alison.mathers@btinternet.com
FRIDAY FROM 23RD AUGUST 2024						
FELDENKRAIS WALKING CLASS – from 16th AUGUST	9.00 am	10.00 am	1	PAOLO MACCAGNO	07795101173	maccagno.paolo@gmail.com
INTERMEDIATE LEVEL YOGA – FROM 30TH AUGUST	9.30 am	10.30 am	2	LISA	07895411929	yogalisa@hotmail.co.uk