

DEESIDE DANCE CENTRE – ADULT CLASS TIMETABLE – AUTUMN 2025
MONDAY, 18TH AUGUST – FRIDAY, 10TH OCTOBER 2025

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www.deesidedancecentre.co.uk

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

MONDAY FROM 18TH AUGUST 2025						
CLASS	START	FINISH	STUDIO	INSTRUCTOR	TO BOOK	Email
BODY CONTROL PILATES	9.30 am	10.25 am	1	MARJIE	07501 223270	marjiemillumpilates@icloud.com
BODY CONTROL PILATES	10.45 am	11.40 am	1	MARJIE	07501 223270	marjiemillumpilates@icloud.com
STABLE & ABLE, MANAGING ACHES AND PAINS	10.15 am	11.15 am	2	WENDY		graywendy@btinternet.com
DEESIDE STROKE GROUP	2.00 pm	3.30 pm	1	ANNA	07981909162	annabichard@outlook.com
TUESDAY FROM 19TH AUGUST 2025						
PILATES	10.00 am	11.00 am	1	LAURA	07976049043	ldmphysio@hotmail.com
ISTD INTERMEDIATE BALLET	10.15 am	11.30 am	2	ALINA	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
PILATES	11.10 am	12.10 am	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
STRETCH CLASS	8.30 pm	9.00 pm	2	GILLIAN	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
WEDNESDAY FROM 20TH AUGUST 2025						
ADULT TAP	10.00 am	11.00 am	2	DONNA	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
PILATES	10.00 am	11.00 am	1	LAURA	07976049043	ldmphysio@hotmail.com
BARRE PILATES	11.10 am	12.10 pm	1	LAURA	07976049043	ldmphysio@hotmail.com
THURSDAY FROM 21ST AUGUST 2025						
HATHA YOGA FOUNDATIONS	9.30 am	10.30 am	2	LISA	07895411929	yogalisa@hotmail.co.uk
ADULT BALLET BEGINNERS	9.45 am	11.00am	1	ALINA	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
ADULT BALLET	11.00am	12.30pm	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 22ND AUGUST 2025						
FELDENKRAIS WALKING CLASS	9.00 am	10.00 am	1	PAOLO MACCAGNO	07795101173	maccagno.paolo@gmail.com
HATHA FLOW YOGA	9.30 am	10.30 am	2	LISA	07895411929	yogalisa@hotmail.co.uk