

DEESIDE DANCE CENTRE – ADULT CLASS TIMETABLE – AUTUMN 2026
MONDAY, 17th AUGUST – FRIDAY, 9th OCTOBER 2026

DDC Contact: eileen@deesidedancecentre.co.uk

Tel: 01330 820324

www.deesidedancecentre.co.uk

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

MONDAY FROM 17th AUGUST 2026						
CLASS	START	FINISH	STUDIO	INSTRUCTOR	TO BOOK	Email
DEESIDE STROKE GROUP	2.00 pm	3.30 pm	1	ANNA	07981909162	annabichard@outlook.com
ADULT BALLET	6.30 pm	7.30 pm	2	MEG/INDY	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
PILATES	7.30 pm	8.30 pm	2	INDY	07501436214	indymotion@outlook.com
TUESDAY FROM 18th AUGUST 2026						
PILATES	10.00 am	11.00 am	1	LAURA	07976049043	ldmphysio@hotmail.com
ADULT INTERMEDIATE BALLET	10.00 am	11.30 am	2	ALINA	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
PILATES	11.10 am	12.10 pm	1	LAURA	07976049043	ldmphysio@hotmail.com
FitSteps FAB (For all bodies)	tbc	tbc	2	GILLIAN	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
ADULT JAZZ	5.55 pm	7.25 pm	2	GILLIAN	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
FitSteps (Ballroom and Latin Dance Fitness class)	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 19th AUGUST 2026						
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 20th AUGUST 2026						
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
FitSteps (Ballroom and Latin Dance Fitness class)	11.00 am	12 noon	2	GILLIAN	CONTACT DDC	COMPLETE DDC REGISTRATION FORM
YOGA – MOBILITY FOR MOTION	8.05 pm	9.05 pm	1	ALI MATHERS	07971514737	alison.mathers@btinternet.com
FRIDAY FROM 21st AUGUST 2026						
BONES FOR LIFE BASED ON FELDENKRAIS	10.35 am	11.35 am	2	PAOLO MACCAGNO	07795101173	maccagno.paolo@gmail.com
HATHA FLOW YOGA	9.30 am	10.30 am	2	LISA	07895411929	yogalisa@hotmail.co.uk
FitSteps FAB (For all bodies)	tbc	tbc	2	GILLIAN	CONTACT DDC	COMPLETE DDC REGISTRATION FORM