

# CLASSES . . . .



Love the variety and trying new things



## TRY BEFORE YOU BUY!

TASTER SESSIONS FOR A FIVER each with 3 THEMED CLASSES

<b>POST-CHRISTMAS DETOX</b>	11.30 - 13.00
<b>GET YOUR PULSE RACING</b>	13.00 - 14.30
<b>OLD SCHOOL WITH A TWIST</b>	14.30 - 16.00
<b>DANCE HOUSE GLAMOUR</b>	16.00 - 17.30

Saturday 9 January @ **TRONGATE** | £5 per session (3 x 30 min tasters) | General Level

Take your pick and try 3 dance styles for a fiver and enjoy a refreshing break from returning all those unwanted Christmas presents!



### POST-CHRISTMAS DETOX

Breathing Bones | Yoga | Contemporary

### GET YOUR PULSE RACING

Zumba | Dance Jam | Funk Workout

### OLD SCHOOL WITH A TWIST

Salsa | Swing & Jive | American Smooth

### DANCE HOUSE GLAMOUR

Burlesque | Belly Dance | Bollywood