

# ADULT FITNESS

## Drop-In Classes

### MONDAY

- 11.30 OVER 60's EXERCISE
- 15.00 CARDIO BALLET BARRE
- 19.00 FITSTEPS ('STRICTLY' WORKOUT)
- 20.00 STREETDANCE WORKOUT

### WEDNESDAY

- 11.00 OVER 50's EXERCISE

### THURSDAY

- 14.00 ADULT TAP WORKOUT

### FRIDAY

- 10.40 ZUMBA
- 11.40 KETTLERCISE

All fitness classes £5.00  
pay as you come.

5 x classes for £23  
(use within 4 weeks)

Benefit from our £35 unlimited  
monthly card and have access to  
all our fitness classes the entire  
month!



2 hour dance party with games

Party host, venue & prizes included

SATURDAY'S 5-7pm & SUNDAY'S

ONLY £120  
(max 20 children)

Just bring party food!

## Private Lessons

We offer private lessons to individuals or couples who want to further progress their skills or to learn a specific routine, perhaps for a special event coming up in their lives. Just come in and talk to one of our professional dance teachers.

## Ballroom & Latin Socials

We host a number of Social Dance Evenings throughout the year where you can come and enjoy a laid back evening of Ballroom & Latin and a glass or two of wine.

At our Sleaford Studios  
Unit 2 Oak Park, East Road, Sleaford,  
Lincs, NG34 7EQ  
info@godance.co.uk

# GODANCE

## LINCOLN

Dance, Fitness, and  
Performing Arts Studios



# 2019 Timetable



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Lincoln, LN2 4FJ

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godancelincoln



Go Dance Lincoln

# Children & Adult Dance and Theatre Timetable

## MONDAY

16:00 PRIMARY STREET (4-7 YRS)  
 17:00 JUNIOR STREET (8-12 YRS)  
 18:00 SENIOR STREET (13 YRS+)

## TUESDAY

16:30 \*\*PRELIMINARY 1 BALLET/TAP (4-7 YRS)  
 17:15 \*\*PRELIMINARY 2 BALLET/TAP (8YRS+)  
 18:00 JUNIOR FREESTYLE (7-11yrs)  
 19:00 BALLET IMPROVERS/ADVANCED  
 20:00 TAP IMPROVERS/ADVANCED

## WEDNESDAY

10:00 \*MINI MOVERS (0-5 YRS)  
 16:00 GRADE 2 TAP (8YRS+)  
 17:00 GRADE 1 BALLET (8yrs+)  
 18:00 IMPROVERS BALLROOM & LATIN (7 YRS+)  
 19:00 BALLROOM/LATIN LEVEL 4  
 20:00 BALLROOM/LATIN LEVEL 3

## THURSDAY

12:00 \*\*HIP HOP TOTS (2-4YRS)  
 16:00 PRIMARY MUSICAL THEATRE (5-9YRS)  
 17:00 JUNIOR MUSICAL THEATRE (9-11YRS)  
 18:00 SENIOR MUSICAL THEATRE (11+YRS)  
 19:00 ADULT/TEEN TAP BEGINNERS/IMPROVERS  
 20:00 ADULT BALLET BEGINNERS/IMPROVERS

## FRIDAY

16:00 PRIMARY CHEERDANCE (4-9 YRS)  
 17:00 COMPETITIVE CHEERDANCE (9-11 YRS)  
 18:00 SENIOR FREESTYLE/DISCO (9-16 YRS)  
 19:00 BALLROOM AND LATIN BEGINNERS  
 20:00 BALLROOM AND LATIN LEVEL 2

## SATURDAY

09:00 BABY BALLET/TAP (3-4YRS)  
 10:00 PRELIMINARY 2 BALLET/TAP (4-7YRS)  
 11:00 PRIMARY FREESTYLE (4-8YRS)  
 12:00 PRELIMINARY 3 BALLET (5-8YRS)  
 13:00 PRELIMINARY 3 TAP (5-8YRS)  
 14:00 GRADE 3 BALLET (8YRS+)  
 15:00 GRADE 3 TAP (8YRS+)  
 16:00 BALLROOM AND LATIN LEVEL 1

17.00 -19.00 PARTY HIRE AVAILABLE

Class duration times stated below.  
 All classes cost £5.00 equivalent.

Dance classes are paid monthly - £18.75 per class.  
 Payable by standing order.

Discounts are available for multiple classes and/or siblings.

Fitness classes payable per class - £5.00  
 (Discount cards available).

Membership joining fee - £5pp  
 (Payable upon joining and renewed every January)

**Free Parking**

\* CHILD MUST BE ACCOMPANIED BY AN ADULT

**Private Lessons and Wedding Dance Lessons available. Please speak with us direct to find out more or to book.**

Baby Ballet & Tap \* Ballet \* Ballroom \* Cheer \* Freestyle \* Latin \* Mini Movers \* Musical Theatre & Drama \* Street \* Tap \*

**Classes are 50 mins**

**\*\*Classes are 45 mins**

**\* Classes are 30 mins and must be accompanied by an adult**