

# ADULT FITNESS & Drop-In Classes

## MONDAY

- 11.30 OVER 60's EXERCISE  
19.00 FITSTEPS ('STRICTLY' WORKOUT)

## WEDNESDAY

- 11.00 OVER 50's EXERCISE  
12.00 BALLROOM & LATIN  
PRACTISE SESSIONS

## THURSDAY

- 11.00 \*PILATES  
13.00 CARDIO BALLET BARRE  
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!

\*6 Week Courses - £30pp per course

## Go Dance Children's Parties



CHILDREN'S  
DANCE  
PARTIES

Pop Star Party  
Pom Pom Party  
Showtime Party  
Strictly Ballroom  
Tot's Disco

Unforgettable, hassle-free parties  
all led by one of our fabulous  
professional dance teachers.

Grab a leaflet or enquire at  
reception for more details.

## 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.



## THEATRE DAYS

# The Lion King

Tues 18 & Wed 19 Feb 2020

9.00am-3.30pm

Two days of dancing, singing and acting!  
Performance at 3.15pm on Wed.  
£40 for both days (£25 per day)

# GODANCE LINCOLN

## 2020 Timetable

Dance, Fitness, and  
Performing Arts Studios



Recognised Awards Scheme: Recognised School

21 Carlton Mews, Carlton Centre,  
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# Children & **Adult** Dance and Theatre Timetable

## MONDAY

16:00 PRIMARY STREET (4-7YRS)  
17:00 JUNIOR/SENIOR STREET (8YRS+)  
18:00 NON-COMPETITIVE CHEERDANCE (8YRS+)  
20:00 **ADULT CHEERDANCE**

## TUESDAY

15.45 **\*\*PRELIMINARY 1 BALLETTAP (4-6YRS)**  
16:30 **\*\*PRELIMINARY 2 BALLETTAP (5-7YRS)**  
17:15 BALLETTRENGTHENING (Inv Only)  
18:00 JUNIOR FREESTYLE (8-12YRS)  
19:00 **BALLETTIMPROVERS/ADVANCED**  
20:00 **TAP IMPROVERS/ADVANCED**

## WEDNESDAY

10:00 \*MINI MOVERS (0-5YRS)  
16:00 GRADE 3 TAP (10YRS+)  
17:00 GRADE 2 BALLETT (10YRS+)  
18:00 **ADULT/TEEN BALLETT**  
19:00 **BALLROOM/LATIN LEVEL 5**  
20:00 **BALLROOM/LATIN LEVEL 4**

## THURSDAY

12.00 **\*\*HIP HOP TOTS (2-4YRS)**  
15.00 **BALLROOM & LATIN BEGINNERS**  
16:00 PRIMARY MUSICAL THEATRE (5-9YRS)  
17:00 JUNIOR MUSICAL THEATRE (9-11YRS)  
18:00 SENIOR MUSICAL THEATRE (12YRS+)  
19:00 **ADULT/TEEN TAP BEGINNERS/IMPROVERS**  
20.00 **ADULT BALLETT BEGINNERS/IMPROVERS**

## FRIDAY

16:00 PRIMARY CHEERDANCE (4-8YRS)  
17:00 COMPETITIVE CHEERDANCE (10YRS+)(Inv Only)  
18:00 SENIOR FREESTYLE/DISCO (12YRS+)  
19:00 **BALLROOM AND LATIN LEVEL 1**  
20:00 **BALLROOM AND LATIN LEVEL 3**

## SATURDAY

09:00 BABY BALLETT/TAP (3-4YRS)  
10:00 PRELIMINARY 3 BALLETT/TAP (6-8YRS)  
11:00 PRIMARY FREESTYLE (4-8YRS)  
12:00 GRADE 1 BALLETT (8YRS+)  
13:00 GRADE 1 TAP (8YRS+)  
14:00 GRADE 3 BALLETT (10YRS+)  
15:00 GRADE 4 TAP (11YRS+)  
16:00 **BALLROOM AND LATIN LEVEL 2**

**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

Baby Ballet & Tap \* Ballet \* Ballroom \* Cheer \*  
Freestyle \* Latin \* Hip Hop Tots \* 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**

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