

LEISURE BOX DANCE & FITNESS STUDIO TIMETABLE

For more information and to book, please visit www.theleisurebox.org or call 01282 222380

	6.00 – 9.30	9.30 - 10.00	10.00 – 10.30	10.30 - 11.00	11.00 - 12.00	13.15 - 14.15	16.00 - 17.00	17.00 - 18.00	18.00 - 19.00	19.00 - 20.00
MON			Dance & Play £3.50	Mini Street £3.50		Pilates £4.00	Street Dance Club*	Cheer Dance Club*	Contemporary Team*	Clubbercise £4.00
TUES	iPro Gym HIIT Circuit 7am start		Mini Hip Hop £3.50	Ballet & Play £3.50				Showcase*		
WED			Ballet & Play £3.50	Tot Acro £3.50					Acro*	Clubbercise £4.00
THU	iPro Gym HIIT Circuit 7am start		Dance & Play £3.50					Mix and Match* 5:15pm start	Step fit	
FRI			Mini Disco £3.50	Dance Boogie £3.50			Kids' Dance Club Juniors*	Dance Team Seniors*		
SAT		Ballet & Play Tots*	Ballet & Play Pre-school*	Ballet & Play 4-6 years*						
SUN	iPro Gym HIIT Circuit 8:30am start									

FREE
KIDS' PLAY ENTRY
WITH ALL MORNING
CLASSES

*6 week dance programmes starting 24th Feb 2020. Final classes Saturday 4th April 2019.

Monday-Friday Courses; £24.00 or £4.50 per class.

Saturday Courses; £21.00 or £4.00 per class (includes entry to Kids' Play). Classes must be paid for in full on booking.

CLUBBERCISE

Participants 14 years & upwards are welcome. under 16s must be accompanied by an adult who remains in the building.