

ADULT CLASSES at Essex Dance Theatre

MONDAY

TIME	Studio 1	Detail	Cost	Contact
	<u>Tutor: Paul Brown</u>			paulbrown30454@gmail.com
9.30am - 11.00am	Iyengar Yoga	General Level Iyenga yoga class for those who have 2/3+ years experience who wish to deepen their understanding and practice	£12 per week if paid in a half term block or £15 weekly	
11.15am - 12.45pm	Iyengar Yoga	Iyengar yoga class suitable for beginners and those with a little experience.	£12 per week if paid in a half term block or £15 weekly	
TIME	Studio 2	Detail	Cost	Contact
	<u>Tutor: Maisie Underwood</u>			paulene.sorrell@essex.gov.uk
7.00pm - 8.00pm	Adult Commercial Dance	A fun friendly dance Class suitable for all abilities. No experience necessary. Come along & have a try	£66.00 per 12 week term	

TUESDAY

TIME	Studio 1	Detail	Cost	Contact
	<u>Tutor: Ellie Meadows</u>			moosgirl@gmail.com
9.45am - 10.45am	Exercise with Ellie Over 50's exercise class	A Class designed specifically for the over 50's, working on flexibility, strength, posture & balance together with overall fitness. Fun, friendly class suitable for all abilities	£5 per class. Pay as you go	07742 772439
TIME	Studio 2	Detail	Cost	Contact
	<u>Tutor: Nicola Hollas</u>			njhollas@gmail.com
11.00am - 12.30pm	Iyengar Yoga	Iyengar yoga class suitable for all abilities	£10 per week if paid in a half term block or £12 weekly	

TUESDAY

TIME	Studio 3	Detail	Cost	Contact
	<u>Tutor: CLARE ISAACS</u>			clareisaacs01@hotmail.co.uk
8.00pm - 9.00pm	Adult Tap	A fun friendly Adult Tap Class suitable for all abilities. No experience necessary. Come along & have a try	£5 per class. Class size is limited. email Clare to pre book your place	

WEDNESDAY

TIME	Studio 2	Detail	Cost	Contact
	<u>Tutor: Shrimathi Susanna</u>			naatyaeast@icloud.com
6.15pm - 8.15pm	Classical Bharatanatyam Indian Dance	A mixed age Beginners Bharatanatyam Class. This very popular classical Indian style allows children and adults to explore hand, eye and neck movements, along with dynamic leg stretches and foot rhythms. This fun class will start with a warmup, followed by the basic classical steps known as Adavus.	Class price £8.15 per session	

THURSDAY

TIME	Studio 1	Detail	Cost	Contact
	<u>Tutor: Helen Cridland</u>			helenrose232@gmail.com
8.00pm - 9.00pm	Adult Ballet	Whether you did ballet in your youth and want to take it up again, or if you just fancy trying something new, everyone is welcome to the adult ballet class! A great way to improve posture, fitness and flexibility in a relaxed and fun class environment. Your first class is free and then it's £5 per class, on a pay-as-you-go basis. Come along and give it a try!	£5 per class. Pay as you go	