

Book all classes and courses online or via or Dynamics Dance and Fitness App.

Mon

09:45	Dynamic Barre	Jess Hunt	1 hour
18:00	PiYo	Laura Harrison	1 hour
19:00	Dynamic Barre	Amy Tarr	1 hour
20:00	Insane/Core	Mark Harrison	1 hour

Tue

11:00	Barre and Babies (post natal)	Laura Harrison	1 hour
18:00	Dynamic Kettlebells	Mark Harrison	1 hour
19:00	10 week running course	Mark Harrison	1 hour
20:00	Dynamic Barre Basic	Laura Fulgenzi	1 hour

Wed

09:30	PiYo	Laura Harrison	1 hour
10.45	Dynamic Mums (post natal)	Laura Harrison	1 hour
18:00	Dynamic Kettlebells	Mark Harrison	1 hour
19:00	Dynamic Pilates	Mark Harrison	1 hour
20:00	Vinyasa Flow Yoga	Leena Narsai-Latham	1 hour & 15 minutes

Thu

19:00	Dynamic Kettlebells	Amy Tarr	1 hour
20:00	Dynamic Barre	Laura Harrison	1 hour

Fri

18:30	Adult Ballet	Jess Hunt	1 hour
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Sat

09:00	Dynamic Kettlebells	Mark Harrison	1 hour
10:00	Dynamic Barre	Laura Harrison	1 hour

Sun

09:00	Vinyasa Flow Yoga	Leena Narsai-Latham	1 hour & 15 minutes
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Barre/Yoga: £10 per class, £50 for six (6 week expiry)

All other classes: £6.50 per class, £55 for 10 (2 month expiry)

Tel: 07828524752

www.dynamicsdanceandfitness.com