

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

**Mon** ☐

09:45	Dynamic Barre	Jess M	55 mins
18:00	Yoga Fit	Laura H	
19:00	Dynamic Barre	Amy T	55 mins
20:00	Insane/Core	Mark H	55 mins

**Tue**

11:00	Barre and Babies (post natal)	Laura H	55 mins
18:00	Dynamic Kettlebells	Mark H	55 mins
19:00	Dynamic Pilates	Mark H	55 mins
20:00	Dynamic Barre	Laura F	55 mins

**Wed** ☐

09:30	Yoga Fit	Laura H	55 mins
10.45	Dynamic Mums (post natal)	Laura H	55 mins
<b>15.45</b>	<b>Childrens Ballet 3-4 years</b>	<b>Jess M</b>	<b>45 minutes</b>
<b>16.30</b>	<b>Childrens Ballet 5+ years</b>	<b>Jess M</b>	<b>45 minutes</b>
18:00	Dynamic Kettlebells	Mark H	55 mins
19.15	Vinyasa Flow Yoga	Leena N-L	1 hour 15 min

**Thurs** ☐

<b>9.30</b>	<b>*Dynamic Kettlebells</b>	<b>Jo B</b>	55 mins	<b>New Class</b>
19:00	Dynamic Kettlebells	Amy T	55 mins	
20:00	Dynamic Barre	Laura H	55 mins	

**Fri** ☐

18:30	Ballet Fit	Jess M	55 mins
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**Sat** ☐

09:00	Dynamic Kettlebells	Mark H	55 mins
10:00	Dynamic Barre	Laura H	55 mins

**Sun** ☐

<b>09:30</b>	<b>Vinyasa Flow Yoga</b>	<b>Leena N-L</b>	<b>1 hour 15 min</b>	<b>New Time</b>
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Barre/Ballet/Yoga: £10 per class, £50 for six (6 week expiry)

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