



CLASSES AVAILABLE IN OUR STONELEIGH STUDIO
63 The Broadway
Stoneleigh KT17 2HP

Monday's and Tuesday's – From 7.30pm				
<i>Pole Fitness for all levels</i>				
The Pole Studio	Becky becky@thepolestudio.co.uk	Contact number: 07956500493	£90 for a 6 week pole course	Terms and conditions apply

Wednesdays – 7.00pm & 7.50pm				
<i>Pilates</i>				
Core Balance Pilates	Anna Keoshgerian Akeo5@hotmail.co.uk	Contact number: 07921435852	£100 for a block of 10 classes	No equipment required

Thursdays – 9.30am & 10.15am MINIS (1yr - 3yrs) 10.30 – 11.15 BABES (3mths to 1yr) 11.30-12.15pm Pre School (3yrs to school starters)				
<i>Phonics with Robot Reg</i>				
"Fun, high energy classes which open a world of Literacy to children and teach early phonics skills". Our aim to introduce learning to your child in a multi sensory, energetic way, we don't even want them to know they're learning! Each class is packed full of games, songs, music, movement and dance with each activity carefully planned to support your child's early years development; there really is something for everyone.				
	Claire Nicholas claire@robotreg.co.uk	Contact number: 07956207006	3 week trials and termly booking available	Classes are run with Covid safety and restrictions in place.



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Thursdays – 7.30pm – 8.30pm				
Belly Dance A fun and friendly mixed ability belly dance class to help you connect with your body, tone up and unleash your inner Diva! This class is a low impact combination of: - isolations (moving parts of the body independently from others) - drill (repeating the same movement for a period of time) - choreography (a combination of movements to a piece of music)				
	Nafiseh contact@nafisehbellydance.co.uk	Contact number: 07719315180	£8 per class	Wear comfortable gym-style clothes and bring a hip/shimmy belt if you have one (there will also be some to borrow). You do not have to show your belly unless you want to! We dance in bare feet.

Fridays – 7.00pm – 8.00pm – Salsa Footwork Saturdays – 5.15pm - 6.15pm – Salsa Partner Work (only bubbles couples on request)				
Salsa (Cuban style) - Lovely and friendly group. Salsa is good exercise for your body and for your mind				
Somos Caribe Academy	Janier Pereira somoscaribeacademy@gmail.com	Contact number: 07539124254	Group lessons £10/h private lessons to be agreed with the teacher Any information please get in touch. We are also on instagram and facebook Somos Caribe Academy	Private lessons on request to be agreed/ @The Studio Tadworth (according to availability) or zoom



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Saturdays – 3.00pm – 4.00pm				
<i>Children's Irish Dance Lessons (from 5 years old)</i>				
Kincorragh Academy of Irish Dance	Karleen Walker info@irishdanceka.com	Contact number: 0798400147	£5 per class	Boys and girls welcome