

STUDIO25 TIMETABLE

DAY / STYLE	TIME	STUDIO	LEVEL	PRICE
MONDAY				
Missing Link Martial Arts	12:00-13:00	7	ALL	Manchester@missinglink-martialarts.uk
Yoga Express	18:00-18:45	8	ALL	£6
Pole Dance	18:00-19:00	4	LEVEL 4	manchester@blushdance.com to book
CAT Ballet (closed class)	18:00-21:00	5	CLOSED CLASS	-
Bounce Trampoline Fitness	18:15-19:15	1	BEG/ALL	Bookwhen.com/bouncemanchestercentral
Omote Class – M L Martial Arts	18:15-19:30	3		Manchester@missinglink-martialarts.uk
Pole Dance	19:00-20:00	4	LEVEL 3 & 4	manchester@blushdance.com to book
Urban Choreography - Joe Price/Abbi H	19:15-20:30	2	INTERMEDIATE	£5
Okuden Class 1 – Missing Link Martial Arts	19:30-20:30	3		manchester@missinglink-martialarts.uk
Burlesque & Chair Dance Fitness	19:30-20:30	1	BEGINNER/ALL	£5
Pole Dance	20:00-21:00	4	LEVEL 1 & 2	manchester@blushdance.com to book
House – Jack Bain	20:30-22:00	2	ALL	£7
Qi Gong – Missing Link Martial Arts	20:30-21:30	3		manchester@missinglink-martialarts.uk
TUESDAY				
Yoga Express	12:15-13:00	8	ALL	£6
Shockout Academy	17:00-20:45	2/5	ALL	info@shockoutacademy.com to book
Contemporary - Ina Colizza	18:00-19:00	1	BEGINNER	£5
Salsa Ladies Styling – Jessica Latham	18:00-19:00	7	ALL	£5
Commercial – Josh Wharmby	18:15-19:30	8	INT/ADV	£7
Missing Link Martial Arts Induction	18:15-19:30	3	BEGINNER	Manchester@missinglink-martialarts.uk
Street Dance - Tia Jade Holden	18:30-19:30	6	BEGINNER	£5
Contemporary - Ina Colizza	19:00-20:30	1	IMPROVER/ADV	£6
Holistic Boxing – Luke	19:00-20:30	7	ALL	£10
Salsa/Bachata 4 week course	19:00-21:00	5	INTERMEDIATE	£5 Latin Fusion & Bachata both for £8
Kata Special – Missing Link Martial Arts	19:30-20:30	3		Manchester@missinglink-martialarts.uk
Aerial Hoop – Imogen Brown	19:30-20:30	4	ALL	£8 airhoopmcr@gmail.com to book
Urban Choreography - Leah Ryan Knight	19:30-20:45	8	INTERMEDIATE	£5
WEDNESDAY				
Missing Link Martial Arts	12:00-13:00	7	ALL	Manchester@missinglink-martialarts.uk
Yoga Express	18:00-18:45	8	ALL	£6
Pole Dance	18:00-19:00	4	LEVEL 3	manchester@blushdance.com to book
Omote Class –M L Martial Arts	18:15-19:30	3		Manchester@missinglink-martialarts.uk
Urban Choreography – Ellis/Dennis	18:15-19:15	2	INT/ADV	£5
Flamenco – Tigga	19:00-20:00	7	BEGINNER	£10
Pole Dance (Beginner)	19:00-20:00	4	BEG/LEVEL 2	manchester@blushdance.com to book
Salsa/Bachata 4 week course	19:30-21:30	5		Tiagoandjessica@outlook.com
Weapons Class – Missing Link Martial Arts	19:30-20:30	3		Manchester@missinglink-martialarts.uk
Flamenco – Tigga	20:00-21:00	7	INTERMEDIATE	£10
THURSDAY				
Urban Choreography – AJ	18:15-19:30	8	INT/ADV	£5
Bounce Trampoline Fitness	18:15-19:15	2	BEG/ALL	bookwhen.com/bouncemanchestercentral
Contemporary Fusion – Rosie	18:30-19:30	1	BEGINNERS	£5 Do Beginners & Int/Adv for £8
Capoeira	19:00-20:00	6	ALL	£5
Heels Choreography Class - Jecoliah King	19:30-21:00	8	INTERMEDIATE	£5
Contemporary Fusion - Rosie	19:30-21:00	1	INT/ADV	£6 (Do Beginners & Int/Adv for £8)
FRIDAY				
Capoeira	18:00-19:00	6	ALL	£5
Dance Acro – Alaina	18:15-19:15	1	BEGINNERS/ALL	£5
Missing Link Martial Arts Induction	18:15-19:30	3	BEGINNERS	Manchester@missinglink-martialarts.uk
Kata Special – Missing Link Martial Arts	19:30-20:30	3		Manchester@missinglink-martialarts.uk
Open Training Sparring –M L Martial Arts	20:30-21:30	3		Manchester@missinglink-martialarts.uk
Yoga Express	12:15-13:00	8	ALL	£6
SATURDAY				
Shockout Sparks (Ballet/Street)	10:00-12:00	1	UNDER 11	info@shockoutacademy.com to book
Shockout Academy (Mixed Styles)	10:00-17:00	2	11-18YO	info@shockoutacademy.com to book
Omote Class – Missing Link Martial Arts	13:15-14:15	3	ALL	Manchester@missinglink-martialarts.uk
Qi Gong – Missing Link Martial Arts	14:15-15:15	3	ALL	Manchester@missinglink-martialarts.uk

£1 ENTRY STUDIO ENTRY FEE OR £25 ANNUAL FEE PAYABLE AT RECEPTION

FOR MORE INFORMATION, PLEASE CONTACT: INFO@STUDIO25MANCHESTER.COM OR CALL 01618339937.

STUDIO 25, 25 CHURCH STREET, MANCHESTER, M4 1PE.