

# STUDIO25 TIMETABLE

DAY / STYLE	TIME	STUDIO	LEVEL	PRICE
<b>MONDAY</b>				
Missing Link Martial Arts	12:00-13:00	7	ALL	<a href="mailto:Manchester@missinglink-martialarts.uk">Manchester@missinglink-martialarts.uk</a>
Urban Choreography – Mark Boyce	18:00-19:15	2	INT/ADV	£6
Jazz Technique – M & M Twins	18:00-19:00	5	BEGINNERS	£5
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		<a href="mailto:Manchester@missinglink-martialarts.uk">Manchester@missinglink-martialarts.uk</a>
Reggaecise	19:00-20:00	6	ALL	£7.50
Pole Dance	19:00-20:00	4	LEVEL 3 & 4	<a href="mailto:manchester@blushdance.com">manchester@blushdance.com</a> to book
Urban Choreography -Joe Price/Abbi Holden	19:15-20:30	2	INTERMEDIATE	£5
Jazz Technique – M & M Twins	19:15-20:45	5	IMPROVERS-INT	£6
Salsa – with Gormack	19:30-20:30	7	INTERMEDIATE	£10 Whatsapp: 07444880524
Okuden Class 1 – Missing Link Martial Arts	19:30-20:30	3		<a href="mailto:manchester@missinglink-martialarts.uk">manchester@missinglink-martialarts.uk</a>
Salsa – with Gormack	20:30-21:30	7	ADVANCE	£10 Whatsapp: 07444880524
Qi Gong –Missing Link Martial Arts	20:30-21:30	3		<a href="mailto:manchester@missinglink-martialarts.uk">manchester@missinglink-martialarts.uk</a>
<b>TUESDAY</b>				
Yoga Express	12:15-13:00	8	ALL	£6
Shockout Academy	17:00-20:45	5/8	ALL	info@shockoutacademy.com to book
Hip Hop – Chad Taylor	18:00-19:00	2	ADVANCE	£5
Jazz Technique – Andrew Shuttleworth	18:15-19:30	8	INTERMEDIATE	£5 (or £8 for both Jazz classes with Andrew)
Missing Link Martial Arts Induction	18:15-19:30	3	BEGINNERS	<a href="mailto:Manchester@missinglink-martialarts.uk">Manchester@missinglink-martialarts.uk</a>
Street/Urban Choreography - Tia Jade Holden	18:30-19:30	6	BEGINNERS	£5
Contemporary - Ina Colizza	19:00-20:00	1	BEGINNERS	£5
Holistic Boxing – Luke	19:00-20:30	7	ALL	£10
Street/Urban Choreography – Tia Jade Holden	19:30-20:30	6	IMPROVERS - INT	£5
Commercial Jazz Funk – Andrew Shuttleworth	19:30-20:30	8	INTERMEDIATE	£5 (or £8 for both Jazz classes with Andrew)
Kata Special – Missing Link Martial Arts	19:30-20:30	3		<a href="mailto:Manchester@missinglink-martialarts.uk">Manchester@missinglink-martialarts.uk</a>
Aerial Hoop – Imogen Brown	19:30-20:30	4	ALL	£8 airhoopmcr@gmail.com to book
<b>WEDNESDAY</b>				
Missing Link Martial Arts	12:00-13:00	7	ALL	<a href="mailto:Manchester@missinglink-martialarts.uk">Manchester@missinglink-martialarts.uk</a>
Yoga Express	18:00-18:45	8	ALL	£6
Pole Dance	18:00-19:00	4	LEVEL 3	manchester@blushdance.com to book
Urban Choreography – Dennis	18:00-19:15	2	ADVANCE	£6
Omote Class –M L Martial Arts	18:15-19:30	3		<a href="mailto:Manchester@missinglink-martialarts.uk">Manchester@missinglink-martialarts.uk</a>
Pole Dance (Beginner)	19:00-20:00	4	BEG/LEVEL 2	manchester@blushdance.com to book
Jazz Funk - AJ	19:30-20:45	2	INTERMEDIATE	£6
Bachata 4 week course – James & Justina	19:30-21:30	8	INTERMEDIATE	danceinmanchester@gmail.com
Weapons Class – Missing Link Martial Arts	19:30-20:30	3		<a href="mailto:Manchester@missinglink-martialarts.uk">Manchester@missinglink-martialarts.uk</a>
Belly Dance – Virginia Sanchez	20:15-21:15	4	BEGINNERS	£5
Salsa 4 week course – Diego & Edna	20:30-21:30	8	INTERMEDIATE	danceinmanchester@gmail.com
<b>THURSDAY</b>				
Hip Hop – Chad Taylor	18:00-19:00	5	BEGINNERS	£5
Commercial Choreo – Starts 2 <sup>nd</sup> Aug - Emer Walsh	18:00-19:15	8	INT/ADV	
Bounce Trampoline Fitness	18:15-19:15	2	BEG/ALL	bookwhen.com/bouncemanchestercentral
Contemporary Fusion – Rosie Hynes	18:30-19:30	1	BEGINNERS	£5 Do Beginners & Int/Adv for £8
Capoeira	19:00-20:00	6	ALL	£5
Heels Commercial Dance Class – Nadia Robinson	19:30-20:45	8	INTERMEDIATE	£6
Mambo – with Gormack	19:30-20:30	7	INTERMEDIATE	£10 Whatsapp: 07444880524
Contemporary Fusion - Rosie Hynes	19:30-21:00	1	INTERMEDIATE	£6 (Do Beginners & Int for £8)
Mambo – Gormack	20:30-21:30	7	ADVANCE	£10 Whatsapp: 07444880524
<b>FRIDAY</b>				
Yoga Express	12:15-13:00	8	ALL	£6
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	<a href="mailto:Manchester@missinglink-martialarts.uk">Manchester@missinglink-martialarts.uk</a>
Kata Special – Missing Link Martial Arts	19:30-20:30	3		<a href="mailto:Manchester@missinglink-martialarts.uk">Manchester@missinglink-martialarts.uk</a>
<b>SATURDAY</b>				
Shockout Sparks (Ballet/Street)	10:00-12:00	1	UNDER 11	info@shockoutacademy.com to book
Shockout Academy (Street/Ballet/Commercial)	10:00-17:00	2	11-18YO	info@shockoutacademy.com to book
Kids Karate – Missing Link Martial Arts	11:15-13:15	3		<a href="mailto:Manchester@missinglink-martialarts.uk">Manchester@missinglink-martialarts.uk</a>
Omote Class – Missing Link Martial Arts	13:15-14:15	3	ALL	<a href="mailto:Manchester@missinglink-martialarts.uk">Manchester@missinglink-martialarts.uk</a>
Qi Gong – Missing Link Martial Arts	14:15-15:15	3	ALL	<a href="mailto:Manchester@missinglink-martialarts.uk">Manchester@missinglink-martialarts.uk</a>
<b>SUNDAY</b>				
Studio25 Adult Beginners Dance Program	12:00-15:30	2	BEGINNERS	<a href="mailto:info@studio25manchester.com">info@studio25manchester.com</a> to book
Gong Meditation	12.30-13:30	3	ALL	£10

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

FOR MORE INFORMATION, PLEASE CONTACT: [INFO@STUDIO25MANCHESTER.COM](mailto:INFO@STUDIO25MANCHESTER.COM) OR CALL 01618339937.

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