

STUDIO25 TIMETABLE

DAY / STYLE	TIME	STUDIO	LEVEL	PRICE
MONDAY				
Missing Link Martial Arts	12:00-13:00	7	ALL	Manchester@missinglink-martialarts.uk
Urban Choreography – Mark Boyce	18:00-19:15	2	INT/ADV	£6
Yoga Express	18:00-18:45	8	ALL	£7
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	FOUNDATION/BASIC	Manchester@missinglink-martialarts.uk
Pole Dance	19:00-20:00	4	LEVEL 3 & 4	manchester@blushdance.com to book
Urban Choreography -Joe Price/Abbi Holden	19:15-20:30	2	INTERMEDIATE	£6
Salsa – with Gormack	19:30-20:30	7	BEGINNERS	£10 Whatsapp: 07444880524
Okuden Class 1 – Missing Link Martial Arts	19:30-20:30	3	ADVANCE	manchester@missinglink-martialarts.uk
Salsa – with Gormack	20:30-21:30	7	ADVANCE	£10 Whatsapp: 07444880524
TUESDAY				
Yoga Express	12:15-13:00	8	ALL	£7
Shockout Academy	17:00-20:45	5/8	ALL	info@shockoutacademy.com to book
Contemporary – Ina Colizza	18:00-19:00	1	BEGINNERS	£5
Missing Link Martial Arts Induction	18:15-19:30	3	BEGINNERS	Manchester@missinglink-martialarts.uk
Street/Urban Choreography - Tia Jade Holden	18:30-19:30	2	BEGINNERS	£5
Contemporary - Ina Colizza	19:00-20:30	1	IMPROVERS-INT	£6
Holistic Boxing – Luke	19:00-20:30	7	ALL	£10
Street/Urban Choreography – Tia Jade Holden	19:30-20:30	2	IMPROVERS - INT	£5
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 - Cheeks	20:30-21:30	2	INTERMEDIATE	£5
WEDNESDAY				
Yoga Express	18:00-18:45	8	ALL	£7
Carnival Fitness - AJ	18:00-19:00	7	ALL	£5
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		Manchester@missinglink-martialarts.uk
Pilates – Martine Cale	18:30-19:30	6	ALL	martine@pilatesperfect.co.uk
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
Weapons Class – Missing Link Martial Arts	19:30-20:30	3		Manchester@missinglink-martialarts.uk
Pole Dance (Beginner)	20:00-21:00	4	BEGINNERS	Manchester@blushdance.com to book
Belly Dance 4 week course – Virginia Sanchez	20:00-21:00	6	BEGINNERS	£5 virsm92@gmail.com
THURSDAY				
Legs, Bums & Tums Fitness - Anna	17:45-18:30	7	ALL	£4
Aerial Hoop - Kids & Teens	18:00-19:00	4	ALL	airhoopmcr@gmail.com
Bounce Trampoline Fitness	18:15-19:15	2	BEG/ALL	bookwhen.com/bouncemanchestercentral
Jazz with Alice Gorst	18:30-19:30	1	BEGINNERS	£5
Aerial Hoop – Adults	19:00-20:00	4	ALL	airhoopmcr@gmail.com
House – Jack Bain	19:30-21:00	2	ALL	£7
Heels Commercial Dance Class – Jecoliah King	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
Mambo – Gormack	20:30-21:30	7	ADVANCE	£10 Whatsapp: 07444880524
FRIDAY				
Missing Link Martial Arts	12:00-13:00	6		Manchester@missinglink-martialarts.uk
Yoga Express	12:15-13:00	8	ALL	£7
Afrobeats Dance	17:00-18:00	1	ALL	£5
Capoeira	18:00-19:00	6	ALL	£5
Missing Link Martial Arts Induction	18:15-19:30	3	BEGINNERS	Manchester@missinglink-martialarts.uk
Qi Gong – Missing Link Martial Arts	19:30-20:30	3		Manchester@missinglink-martialarts.uk
SATURDAY				
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		Manchester@missinglink-martialarts.uk
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
SUNDAY				
Yoga with Karol	11:30-12:30	4	ALL	Travelandeducate1@gmail.com
Studio 25 Adult Beginners Dance Program	12:00-15:30	2	BEGINNERS	info@studio25manchester.com to book
Studio 25 Adult Improver-Intermediate Program	12:00-15:30	1	IMPROVERS-INT	info@studio25manchester.com to book
Gong Meditation	12.30-13:30	3	ALL	£10

£1 ENTRY STUDIO FEE PAYABLE AT RECEPTION

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

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