

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	E/C	INTER/ADV	£6 Drop-in class
Yoga Express	18:00-18:45	1	ALL	£7 Drop-n class
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	2	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	EC	INTERMEDIATE	£6 Drop-in class
Soca Mania – Sharel	19:30-20:00	2	BEGINNERS/ALL	£6 Drop-in class
Salsa – with Gormack	19:30-20:30	7	BEGINNERS	£9 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	1	ALL	£7 Drop-in class
Shockout Academy	17:00-20:45	5/6	APPLY TO JOIN (5-18YR)	info@shockoutacademy.com to book
Aerial Hoop	18:00-19:00	7	INT/ADV	£8 or £35 course: airhoopmcr@gmail.com
Contemporary – Ina Colizza	18:00-19:00	1	BEGINNERS	£5 Drop-in class
Urban Choreography – Kyra & Malika	18:15-19:30	2	ADVANCE	£6 Drop-in class
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	E/C	BEGINNERS	£5 Drop-in class
Contemporary - Ina Colizza	19:00-20:30	1	INT/ADV	£6 Drop-in class
Holistic Boxing – Luke	19:00-20:30	7	ALL	£10 Drop-in class
Street/Urban Choreography – Tia Jade Holden	19:30-20:30	2	IMPROVERS - INT	£5 Drop-in class
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 OR £35 course: airhoopmcr@gmail.com to book
Commercial – Emer Walsh	19:30-20:30	EC	INT/ADV	£7 Drop-in class
WEDNESDAY				
Abs Blast – Rio Abraham Jones	18:00-18:45	7	ALL	£4.50 Drop-in class
Yoga Express	18:00-18:45	1	ALL	£7 Drop-in class
Silks Class – Imogen Brown	18:00-19:00	6	ALL	£8 email airhoopmcr@gmail.com to book
Pole Dance	18:00-19:00	4	LEVEL 3	manchester@blushdance.com to book
Urban Choreography – Dennis Anin-Badu	18:00-19:15	EC	ADVANCE	£6 Drop-in class
Jazz Technique – MM Twins	18:00-19:15	2	IMPROVERS - INT	£7 Drop-in class
Omote Class –M L Martial Arts	18:15-19:30	3		Manchester@missinglink-martialarts.uk
Aerial Hoop – Imogen Brown	19:00-20:00	6	OPEN LEVEL	£8 email airhoopmcr@gmail.com
Jazz Funk - AJ	19:30-20:45	EC	INTERMEDIATE	£6 Drop-in Class
Jazz Heels – MM Twins	19:30-20:30	2	BEG/IMPROVERS	£5 Drop-in class
Pole Dance (Beginner)	19:00-20:00	4	BEG/LEVEL 2	manchester@blushdance.com to book
Weapons Class – Missing Link Martial Arts	19:30-20:30	3		Manchester@missinglink-martialarts.uk
Belly Dance 4 week course – Virginia Sanchez	20:00-21:00	7	BEGINNERS	£5 virsm92@gmail.com
THURSDAY				
Jazz – M&M	18:00-19:00	2	BEGINNERS	£5 Drop-in class
Bounce Trampoline Fitness	18:15-19:15	3	BEG/ALL	bookwhen.com/bouncemanchestercentral
Sweatbox Thursday's	18:30-20:00	EC	ADVANCE	£7 Drop-in class
Street/Urban Choreography – Tia Jade Holden	19:00-20:00	2	BEGINNERS	£5 Drop-in class
Mambo – Gormack	19:30-20:30	7	INTERMEDIATE	£10 Whatsapp: 07444880524
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	1	ALL	£7 Drop-in class
Capoeira	18:00-19:00	6	ALL	£5 Drop-in class
Missing Link Martial Arts Induction	18:15-19:30	3	BEGINNERS	Manchester@missinglink-martialarts.uk
SATURDAY				
Shockout Sparks (Ballet/Street)	10:00-12:00	1	AGE 5-8	info@shockoutacademy.com Apply to join
Shockout Academy (Street/Jazz/Commercial (etc)	10:00-17:00	2	AGE 9-18	info@shockoutacademy.com Apply to join
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				
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

£1 ENTRY STUDIO FEE PAYABLE AT RECEPTION

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

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