

GO DANCE LINCOLN – Autumn Term 2024

Dance & Fitness Class Timetable – Monday 2nd September – Saturday 21st December 2024



Cheer Bootcamp – Sunday 13th October (at Sleaford studios)

Autumn Social Dance : Saturday 19th October (at Sleaford studios)

Adult Showcase & Strictly Evening: Saturday 14th December (at Sleaford studios)

Day	Time	Studio 1	Studio 2
MONDAY	4.00pm – 4.50pm	Primary Street (4-7yrs)	Private Lessons/Studio Hire
	5.00pm – 5.50pm	Junior/Senior Street (8yrs+)	
	6.00pm – 6.50pm	Junior Cheer Dance (8-12yrs)	
	7.00pm – 7.50pm	Adult Improvers Ballroom & Latin	
	8.00pm – 8.50pm	*NEW Absolute Beginners Ballroom & Latin Course (6-week course starts 23 rd September 2024)	

Day	Time	Studio 1	Studio 2
TUESDAY	4.00pm - 4.50pm	Grade 2 Ballet	Private Lessons/Studio Hire
	5.00pm – 5.50pm	Grade 2 Tap	
	6.00pm – 6.50pm	Ballet Conditioning and Pre-Pointe	
	7.00pm – 7.50pm	Adult Ballet and Pointe	
	8.00pm - 8.50pm	Adult Tap	

Day	Time	Studio 1	Studio 2
WEDNESDAY	11.00am – 11.50am	Over 50's Dance Exercise	Private Lessons/Studio Hire
	4.00pm - 4.50pm	Primary Ballet & Tap (6-8yrs)	
	5.00pm – 5.50pm	Junior Freestyle (8-12yrs)	
	6.00pm – 6.50pm	Grade 5 Ballet	
	7.00pm – 7.50pm	Adult Intermediate Ballroom & Latin	
	8.00pm – 8.50pm	Adult Beginners Ballroom & Latin	

THURSDAY		Studio 1	Studio 2
	11.30am – 12.20pm	Pilates	Private Lessons/Studio Hire
	12.30pm - 1.20pm	Ballet Fit	
	3.00pm – 3.50pm	Adult Improvers Ballroom & Latin	
	4.00pm – 4.50pm	Children’s Beginners Ballroom and Latin Class (6yrs+)	One-to-one singing lessons with Gemma (<i>book directly with Gemma</i>)
	5.00pm – 5.50pm	Musical Theatre (9-13yrs)	
	6.00pm – 6.50pm	Children’s Improvers Ballroom and Latin Class (10yrs+)	
	7.00pm – 7.50pm	Adult/Teen Tap	Senior Musical Theatre (14yrs+)
	8.00pm – 8.50pm	Adult Ballet	

FRIDAY		Studio 1	Studio 2
	10.00am - 10.40am	Mini Movers (0-5yrs plus adult)	Private Lessons/Studio Hire
	11.00am - 11.50am	Latina Dance Workout	
	4.00pm – 4.50pm	Private Lessons/Studio Hire	
	5.00pm – 5.50pm	Grade 4 Modern Jazz	
	6.00pm – 6.50pm	Senior Freestyle (12yrs+)	
	7.00pm – 7.50pm	Competitive Cheer Squad (12yrs+) - <i>invite only</i>	
8.00pm - 8.50pm	Adult Improvers Ballroom & Latin		

SATURDAY		Studio 1	Studio 2
	9.00am – 9.50am	*NEW Pre-Primary Ballet & Tap (4-6yrs)	Baby Ballet & Tap (3-4yrs)
	10.00am - 10.50am	*NEW Primary Ballet & Tap (6-8yrs)	Primary Cheer (4-7yrs)
	11.00am –11.50am	Grade 1 Tap	Primary Freestyle (4-7yrs)
	12.00pm –12.50pm	Grade 1 Ballet	Private Lessons/Studio Hire
	1.00pm - 1.50pm	Grade 3 Ballet	
	2.00pm - 2.50pm	Grade 4 Tap	
	3.00pm – 3.50pm	Intermediate Tap	
4.00pm - 4.50pm	Grade 5 Modern Jazz		