

BRAND NEW CLASSES AND COURSES STARTING JANUARY 2023

NEW YEAR · NEW CHALLENGE · NEW YOU

# DISCOVER YOUR PASSION



FOR MORE INFORMATION AND TO BOOK  
CLASSES & COURSES PLEASE VISIT  
[WWW.SANDERSONDANCE.CO.UK](http://WWW.SANDERSONDANCE.CO.UK)

NELSON 10 CHURCHILL WAY, LOMESHAYE IND ESTATE, BB9 6RT  
BURNLEY QUEENS MILL, CHARLOTTE STREET, BB11 1LZ

T. 01282 617722 E. [MEMBERS@SANDERSONDANCE.CO.UK](mailto:MEMBERS@SANDERSONDANCE.CO.UK)



## MIND & BODY

### PILATES

Monday	10.00-10.45am	All Levels	Nelson Studio
Tuesday	6.00-6.50pm	All Levels	Nelson Studio
Wednesday	10.15-11.00am	All Levels	Nelson Studio
Wednesday	7.00-7.45pm	All Levels	Nelson Studio
Thursday	10.30-11.15am	All Levels	Nelson Studio
Thursday	6.00-6.45pm	Beginners	Nelson Studio
Friday	9.30-10.20am	All Levels	Nelson Studio

MORNING CLASSES - £5.50

EVENING CLASSES - £6.50

PLEASE BOOK

### YOGA (HATHA/VINYASA)

Monday	7.00-7.50pm	Intermediate	Nelson Studio
Wednesday	9.30-10.15am	Beginners	Nelson Studio
Wednesday	6.00-6.50pm	All Levels	Nelson Studio

MORNING CLASSES - £6.50

EVENING CLASSES - £7.50

PLEASE BOOK

## BALLROOM, LATIN & SEQUENCE

### FOR COMPLETE BEGINNERS

The start of your new social life! Learn to Cha Cha, Waltz, Quickstep, Rumba, Jive and a selection of easy sequence dances. We will guide you through an easy programme of steps and dances and in no time you will be dancing and having fun.

Monday	2.00-3.00pm	Nelson Studio
Monday	7.00-8.00pm	Burnley Studio
Tuesday	8.00-9.00pm	Nelson Studio
Wednesday	8.00-9.00pm	Burnley Studio
Friday	7.00-8.00pm	Nelson Studio

MON & TUES CLASSES - 7 WEEK COURSE - £46.90

WED & FRI CLASSES - 6 WEEK COURSE - £40.20

Courses start week commencing Monday 16th January

PLEASE BOOK FOR ALL THE ABOVE COURSES

USE PROMO CODE WALTZ FOR 10% OFF ALL COURSES LISTED ABOVE

(Valid for advanced bookings only – please book by 13th January)

## BAGGY T-SHIRTS

Feel fabulous in 2023 with this great workout aimed at those wishing to lose a few pounds and to feel more toned and lean.

Tuesday 9.15-10.00am or 7.00-7.45pm Nelson Studio

£5.50 PER CLASS - PLEASE BOOK

## ADULT BALLET

MIXED LEVEL CLASS

Wednesday 10.15-11.00am

Nelson Studio

£6.50 PER CLASS

PLEASE BOOK

## ADULT TAP

COMPLETE BEGINNERS

Wednesday 8.00-8.45pm

Nelson Studio

New course starts January

PLEASE BOOK

## LATIN LINE

PLEASE BOOK

FOR COMPLETE BEGINNERS

Friday 11.00-11.50am Nelson Studio

£5.00 PER CLASS

Class starts 13th January

OTHER CLASSES AVAILABLE AT NELSON STUDIO

PLEASE SEE WEBSITE FOR MORE INFORMATION

[WWW.SANDERSONDANCE.CO.UK](http://WWW.SANDERSONDANCE.CO.UK)

## BODYMAX

STRENGTH TRAINING

Monday 7.00-8.00pm

Thursday 7.00-8.00pm

Nelson Studio

£5.50 PER CLASS

PLEASE BOOK

## LINE DANCE

EASY MIXED LEVEL

Monday 11.00-12.00noon

Nelson Studio

£5.50 PER CLASS

PLEASE BOOK

## BOOGIE FIT

Thursday 8.00-9.00pm

Nelson Studio

£5.50 PER CLASS

PLEASE BOOK

## SALSACISE

Monday 8.00-8.45pm

Nelson Studio

£5.50 PER CLASS

PLEASE BOOK

## ZUMBA

PLEASE BOOK

Tuesday 9.30-10.15am

Tuesday 7.00-7.45pm

Thursday 9.30-10.15am

MORNING CLASSES - £5.00

EVENING CLASSES - £5.50