



**BALLET 3: ADULT BEGINNERS
TUESDAY WITH KATIE**

1.00pm - 2.00pm

Level: New Beginner

**BALLET 4 : JUST BARRE
TUESDAY WITH KATIE**

2.15pm - 3.00pm

Level: New Beginner

Fiesta Dance Centre welcomes adults of all ages, abilities and experience who want to take weekly ballet classes.

Katie Cave of Lady Bay Ballet is a registered Royal Academy of Dance Teacher (RAD) (RTS) who

also holds a Professional Dancers Teachers Diploma (RAD-PDTD).

What can taking ballet class do for you?

Ballet can transform your body; becoming strong, long, lean and flexible. By using classical ballet technique as a core structure, along with classical ballet exercises you will be training your body through repetition and creating muscle memory. Taking ballet class can help improve joint flexibility, core strength, balance, muscle definition, posture, special awareness, stamina, musicality and confidence.

COURSE START DATES:

There are frequent courses throughout the year. Please ask for your next available course





fiestadancecentre

We have just the thing to put a smile on your face and a spring in your step.

Great Choice. Great Teachers. Great Atmosphere.

New Beginners to Advanced; All Ages and Abilities Welcome.

Want to see the classes in action.

Check out the videos on our web site and Facebook page.

Classes from just £8 per person, per class

Enrolling now at Fiesta Flamenco Dance Centre



Make Friends



Make a Difference



Get Fit. Have Fun.



Be Inspired

FIESTA DANCE CENTRE

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