



13th Sept – 7th Dec 2010



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07966794256

www.blushdance.com

Time	Class & Level	Price
Monday @ Glo Families Studio, 98 Stockport Road, Cheadle SK8 2AJ		
6.30pm-7.30pm	Level 1 Pole Dance Classes	Book in Advance £48 for 6 weeks £40 for 4 weeks
7.30pm-8.30pm	Burlesque Dance Class (Drop-in) All levels welcome. Call 08448007380 to reserve your place	£5.50 Pay as you go £27.50 6 class pass
8.30pm - 9.30pm	Level 2 & 3 Pole Dance Class	Book in Advance £48 for 6 weeks £40 for 4 weeks
Tuesday @ Armitage Centre, Moseley Road Fallowfield Manchester M14 6HE		
6.30pm-7.30pm	Level 1 Pole Dance Classes	Book in Advance £48 for 6 weeks £40 for 4 weeks
7.30pm-8.30pm	Level 2 Pole Dance Class	Book in Advance £48 for 6 weeks £40 for 4 weeks
8.30pm-9.30pm	Level 3 Pole Dance Class	Book in Advance £48 for 6 weeks £40 for 4 weeks
Wednesday @ Armitage Centre, Moseley Road Fallowfield M/cr M146HE		
7pm-8pm	Burlesque Dance Class (Drop-in) All levels welcome. Call Becky: 07966794256 to reserve your place	£5.50 Pay as you go £27.50 6 class pass
Wednesday @ Starlight Academy, Units 14-15 National Trading Estate, Bramhall Hall Lane, SK7 5AA (near Stepping Hill Hospital)		
7.30pm-8.30pm	Level 1 Pole Dance Classes	Book in Advance £48 for 6 weeks £40 for 4 weeks
8.30pm-9.30pm	Level 2 Pole Dance Class	Book in Advance £48 for 6 weeks £40 for 4 weeks
Creating exciting positive experiences where YOU feel confident to embrace new challenges		

Class Descriptions:

Level 1 Pole Dance Classes: Perfect for complete beginners to level 1 pole dancers. Learn spins, climbs and holds to improve strength, technique and flexibility.

Level 2 Pole Dance Classes: Learn inverted tricks, intermediate spins and holds to improve strength, flexibility and super intermediate pole muscles.

Level 3 Pole Dance Class: Learn advanced tricks and links, advanced routines and challenging moves to build pole power and amazing fitness levels

Burlesque Dance Class: A fun, sexy and sassy dance class including a chair dance workout to boost your body followed by an indulgent burlesque routine, bring heels, wear loose comfortable clothing and get ready to sparkle!

All venues have ample free parking & changing facilities.

Blush also offer Specialist Workshops, Party Packages, Performances, Private tuition and dance fitness products, see our website or get in touch for more information.



*Get Fitter
Feel Feminine
Be Fabulous!*