

ADULT CLASSES



Are you inspired by the likes of Fred Astaire, Darcey Bussell, or Beyoncé? Look no further! We proudly present our range of Adult Classes tailored specifically for mature ladies. Whether you are reigniting an old passion or seeking a new adventure for fun and fitness, we have the perfect class to match your aspirations.

Indulge in the timeless elegance of Ballet, where grace and technique harmonise to create beautiful movements. Immerse yourself in the infectious energy and rhythms of Jazz Dance, exploring expressive movements and dynamic choreography. If you've always dreamed of creating captivating rhythms with your feet, our Tap Dance class will ignite your passion for percussive footwork. For those drawn to urban vibes and contemporary flair, our Street Dance class is bound to get you moving and grooving.

We are also proud to offer the Royal Academy of Dance Silver Swans programme, designed specifically for mature dancers, focusing on improving mobility, posture, coordination, and energy levels.

[CLICK HERE TO BOOK ONLINE](#)

MONDAYS

10:30 Silver Swans Beginners Ballet

TUESDAYS

19:15 Street Dance Open Level
20:00 Jazz 'West-End' Open Level
20:45 Tap Improvers Level

THURSDAYS

20:05 Ballet Improvers Level

