

Classes Overview

Ballet

Learn the basic steps of Ballet. This class will help you work on flexibility, technique and tell stories through movement.

Boys Dance

Boys dance too! A class working on strength, stamina and getting creative with floor work and tricks!

Dance Fitness

Workout like a dancer! Our classes range from Pilates to HIIT circuits. No dance experience required, suited for anyone wanting a wee energy boost to kick start their week.

Dance Mix

A fun energetic class learning various styles of dance whilst also getting creative with your own movement. You can also expect some games in these classes to help build group working skills.

Jazz

A fun class combining strength, flexibility and technique incorporating kicks, turns, leaps and a jazzy routine to finish.

Creative

Your chance to explore new and fun ways to dance and tap into the creative mind. Creative dance focuses on the development of motor skills and emotional expression.

Musical Theatre

A lively, upbeat class to grow skills in dancing, acting, singing, performance and confidence! Perform to your favourite musical hits!

Mini Movers

Carer and toddler class aimed to encourage your little one to start interacting, dancing and singing. Helping to develop/improve their social skills, motor skills and confidence. Bound to help tire them out for a wee while!

Commercial

Learn a wide variety of dance styles to your favourite pop songs!

