

All or Nothing Classes

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

EDINBURGH

3:50pm-4:35pm
Fledglings Aerial

4:40pm-5:40pm
Junior Aerial

8:15pm-9:45pm
Adult Beginners
Aerial and Adult
Intermediate Silks

3:50pm-4:50pm
Junior Aerial

4:55pm-5:55pm
Youth Aerial

8:15pm-9:45pm
Adult Beginners Aerial
and
Adult Improvers/
Intermediate Silks

7:10pm-8:25pm
Adult Improvers Aerial
(mixed kit) and
Adult Intermediate
Trapeze

8:30pm-10pm
Adult Beginners Aerial,
and Adult Improvers/
Intermediate Trapeze

3:50pm-4:50pm
Junior Aerial

4:55pm-5:55pm
Youth Aerial

8:15pm-9:45pm
Adult Improvers Silks,
and Adult Improvers/
Intermediate Trapeze

5:30pm-7:30pm
Level Up Performance
Group

7:30pm-9:00pm
Adult Beginners/
Improvers Trapeze

7:30pm-9:30pm
Adult Intermediate
Trapeze

10am-11:30am
Adult Beginners Aerial and
Adult Improvers (mixed kit)

11:30am-1pm
Youth Aerial

1pm-2:30pm
Adult Improvers Trapeze

2:30pm-4pm
Adult Beginners & Adult
Improvers (mixed kit)

4pm-6pm
Adult Open Training/
One-off Aerial Workshops

12.30-1.30pm
Adult Aerial Yoga

4pm-5pm
Junior Aerial

5pm-6pm
Youth Aerial

6pm-7pm
Adult Beginners
Aerial

7pm-8:30pm
Adult Intermediate
Aerial

4pm-5pm
Junior Aerial

5pm-6pm
Youth Aerial

11am-1pm
Level Up Dunblane -
Youth Performance
Group
(Every other week)

12:30pm - 2pm
Adults Open Training
(Once a month)

One-off Aerial
Workshops
(Once a month)

DUNBLANE

All or Nothing Classes

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

TILLYCOUNTRY

DANCE BASE

4:30pm-5:30pm

Junior & Youth
Beginners

5:30pm-6:30pm

Junior & Youth
Improvers

6:30pm-7:30pm

Adult Beginners
Aerial

7:30pm-8:30pm

Adult Improvers
Aerial

9:30am-10.30am

Adult Aerial Pilates
(every other week)

10:45am-12pm

Open Training
(every other week)

4:45pm-6.15pm

Adult Aerial Silks
Beginners

6.15pm-7.45pm

Adult Aerial Silks
Improvers

TO BOOK PLEASE GO
TO THE DANCE BASE
WEBSITE:
dancebase.co.uk

1.30pm-2.30pm

Junior Aerial

2.35pm-3.35pm

Youth Aerial

TO BOOK PLEASE GO
TO THE DANCE BASE
WEBSITE:
dancebase.co.uk

All or Nothing Classes

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

LIVINGSTON

2pm-3pm
Fledgelings (P1-P3)

3pm-4pm
Junior Aerial (P4-P7)

4pm-5pm
Youth Aerial (S1+)

5pm-6pm
Junior & Youth
Progression / Level Up
Livingston
Adult Open Training