



# DANCE & FITNESS CLASSES JANUARY 2020

24 HOPE ST. | 0151 708 8810 | info@mdi.org.uk | mdi.org.uk | @mdistudio24

## MON

**LUNCHTIME YOGA**  
with **HANNAH LEE**  
12:30pm - 1:15pm | £6

**PILATES with MAXINE BROWN**  
6:00pm - 7:00pm | £6

**BEGINNERS RHYTHM TAP**  
with **SOLE REBEL TAP**  
6:00pm - 6:45pm | £30 (5 weeks)

**IMPROVERS RHYTHM TAP**  
with **SOLE REBEL TAP**  
6:45pm - 8:00pm | £40 (5 weeks)

**TAI CHI QUAN (INTERMEDIATE)**  
with **BARBARA SHIELDS**  
7:00pm - 8:00pm | £6

**INTER/ADVANCED RHYTHM TAP**  
with **SOLE REBEL TAP**  
8:00pm - 9:15pm | £40 (5 weeks)

## TUES

**QI GONG & TAI CHI (BEG.)**  
with **BARBARA SHIELDS**  
10:00am - 11:00am | £6

**QI GONG & TAI CHI (INT.)**  
with **BARBARA SHIELDS**  
11:00am - 12:00pm | £6

**MEN! DANCING! (OVER 50s) \***  
1:30pm - 3:00pm | £4

**BEGINNERS HULA HOOP**  
6:00pm - 7:00pm | £24 (4 weeks)

**BALLET (OPEN LEVEL) \***  
5:30pm - 7:00pm  
£6.50/£5.50 concession

**LYRICAL CONTEMPORARY**  
with **NICOLETTE WHITLEY**  
7:00pm - 8:15pm | £5

## WEDS

**50 MOVES (OVER 50s) \***  
11:00am - 12:30pm | £4

**MELT JAZZ (INTERMEDIATE)**  
6:00pm - 7:30pm | £5

**MCO CONTEMPORARY**  
(OPEN LEVEL)  
7:45pm - 9:15pm | £6

## THURS

**TAP (OPEN LEVEL) \***  
11:00am - 12:00pm | £3.50

**DANCE FOR PARKINSON'S \*\***  
1:30pm - 3:30pm | £4  
(from 30 January)

**MERSEYSIDE YOUTH DANCE**  
**COMPANY (AGES 13-19)**  
5:00pm - 6:30pm | £4

**BALLET (BEGINNERS) \***  
6:30pm - 7:30pm  
£5.50/£5.00 concessions

**CONTEMPORARY (BEG.) \***  
7:30pm - 8:30pm  
£5.50/£5.00 concessions

**COMMERCIAL HEELS**  
with **PAIGE GOULDING**  
8:30pm - 10:00pm | £5

## FRI

**PROFESSIONAL CLASS \***  
10:00am - 11:30am | £6  
(from 17 January)

**COMMERCIAL HIP HOP (INT.)**  
with **TALISHA THOMAS-LINDSAY**  
6:15pm - 7:30pm | £5

**AFRODANCE with**  
**AFRO HOUSE NATION**  
7:30pm - 8:30pm | £5/£3

## SAT

**CARDIO PILATES**  
with **LIVERPOOL PILATES HUB**  
9:30am - 10:00am | £5-

**CLASSIC MAT PILATES**  
with **LIVERPOOL PILATES HUB**  
10:00am - 11:00am | £6-  
(- or both classes for £10)

**CODY URBAN DANCE (10+)**  
9:30am - 10:30am | On Enquiry

**VOGUE with**  
**HOUSE OF SUAREZ**  
11:00am - 12:00pm | £5

**CODY URBAN DANCE (6+)**  
12:00pm - 1:00pm | On Enquiry

**CONTEMPORARY**  
with **HOUSE OF SUAREZ**  
12:00pm - 1:00pm | £5

**SALSA (BEGINNERS)**  
with **THE SOUND OF SALSA**  
1:00pm - 2:00pm | £5-

**BEGINNERS BACHATA**  
with **THE SOUND OF SALSA**  
2:00pm - 3:00pm | £5-

**SALSA (INT. / ADVANCED)**  
3:00pm - 4:00pm | £5-  
(- 2 classes £8 / 3 classes £10)

## SUN

**ORLANDO'S**  
**SHAKE IT OFF SUNDAY**  
5:30pm - 7:00pm | £5

**CONTEMPORARY**  
with **ATOMIK DANCE**  
7:00pm - 9:00pm | £5  
(from 19 January)

\* For these classes led by MDI staff, a 10 class card is available for £50 / £40 concessions.

\*\* Advanced booking required, contact info@mdi.org.uk

Classes correct at time of publication,  
visit mdi.org.uk for up to date class information.  
All classes suitable for adults / 16+ unless stated.