



# 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

### COMMERCIAL CONTEMPORARY

with JOSS LA PORTA

8:30pm - 9:45pm | £5

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

/ 16+ unless stated.

## 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

### AFROWITHABI

8:30pm - 9:30pm | £5

## 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+)

9:00am - 10:30am | On Enquiry

### VOGUE with

HOUSE OF SUAREZ

11:00am - 12:00pm | £5

### CODY URBAN DANCE (6-9)

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