

ADULT BALLET

MONDAYS @ The URC Hall

Baldock Road at 9-10am

Start the week with a 'zing'! 😊 No experience necessary. Come and join in!

Ballet is fantastic for toning, stretch and co-ordination

T Shirt and Leggings will be fine.

Bare feet OK for first class.

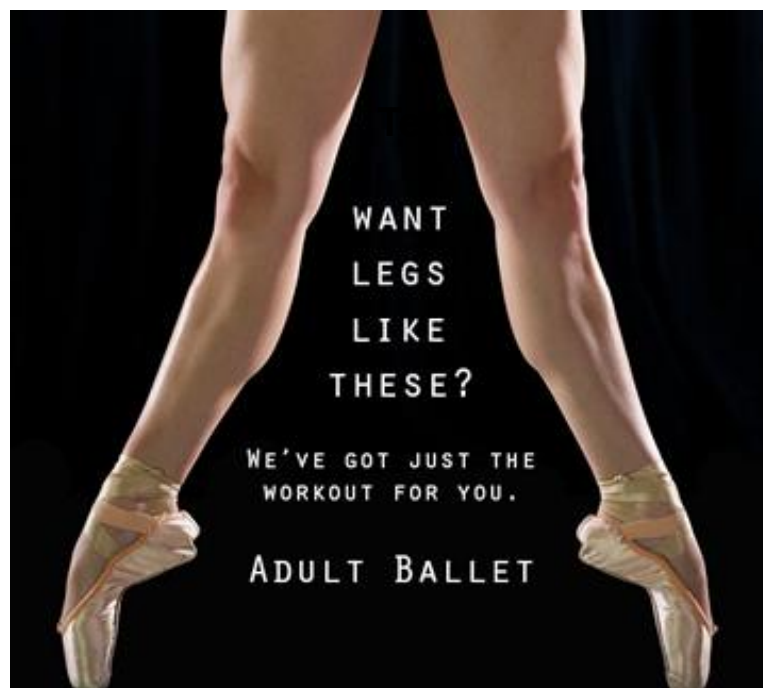
Enjoyment and fitness are the main aims.

Feel free to bring a friend. See you there!

Suitable for any age and any ability. Email:

buntingfordschoolofdance.co.uk for more info. or call

Philippa on 01763 271010



**£6/
class**
cash on
the door