

10am-5pm

A relaxed, sociable day of dance, from ballroom to bellydancing.

No experience required.

Full day ticket £25, includes light lunch and all classes (see overleaf)

Drop-in price £4 for any one class

Contact Tracey for tickets 07887 700045 Email: fitstepswithtracey@gmail.com Website: www.fitstepswithtracey.co.uk



* * *

in partnership with



























PROGRAMME

Registration from 9.30am
10am Barn dancing
11am Bellydancing with Sandra
12pm Fit4Tap with Tracey

12.45 lunch break, soup & bread provided

1.30 FitSteps FAB with Tracey

2.30 Irish dance with Susie

3.30 Ballroom Waltz workshop with Sue

4pm Rock 'n' roll with Deanna

4.30 let's sing a few karaoke show tunes 5pm finish

Each class will be up to 45 minutes, allowing break time before the next session. Tea, coffee and cakes will be on sale all day.

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MD★DANCE ACADEMY