

## Oxford Dance Class Listings – Adults

### Ballet

#### **AA Dance Academy**

**Monday** – Dance Studios, Abingdon College  
(Evening and Daytime Classes available) Mixed Ability Ballet  
**Contact:** Amanda – [amanda@aadanceacademy.co.uk](mailto:amanda@aadanceacademy.co.uk) /  
[www.aadanceacademy.co.uk](http://www.aadanceacademy.co.uk) / 07709 494 644

#### **Attitude Dance School**

**Thursday** – Preston Road Community Centre, Abingdon  
(6.00-6.50pm) Open class – Beginners/Intermediate (£6 per session)  
**Contact:** Lauren Dean – 07745 031293 / [attitude\\_dance\\_school@live.co.uk](mailto:attitude_dance_school@live.co.uk)

#### **Ballet in Small Steps**

**Monday** – United Reformed Church Hall, Banbury Road, Summertown OX2 7ED (5.45 – 7.15pm)  
Intermediate Adult Ballet class £11 (£8 online attendance) per class, 10th class free for in person attenders

**Thursday** - United Reformed Church, Banbury Road, Summertown OX2 7ED (10.00-11.30am)  
Advanced ballet class - Adults with experience/ senior ballet students & professional dancers £11 per class (£8 online attendance) – 10th class free for in person attenders

**Saturday** – United Reformed Church, Banbury Road, Summertown OX2 7ED (10.00 – 11.15am) Adult beginners £11 (£8 online attendance) per class, 10th class free for in person attenders (11.45am – 1.15pm) Adult intermediate/advanced £11 per class (£8 online attendance), 10th class free for in person attenders (1.30am-2.15pm) Optional Pointe work for those attending class in person (£5)

**Contact:** Susie Crow/ [susiecrow@gmail.com](mailto:susiecrow@gmail.com), 01865 557098  
<http://balletinsmallspaces.wordpress.com/classes>

#### **Dancing Convolutions**

**Tuesday:** 12.15 - 13.45 Improvers / Mixed Level Ballet(16yo+) St Matthew's church parish centre, Grandpont, OX1 4LW

**Tuesday:** 18.15 - 19.45 Intermediate/Advanced Ballet (16yo+), URC hall, Summertown, OX2 7ED [also via Zoom]

**Thursdays:** 18.30 - 20.00 Intermediate/Advanced Ballet (16yo+), St Luke's, Donnington, OX1 4XB [also via Zoom]

**Friday:** 18.30 - 20.00 Improvers / Mixed Level Ballet (16yo+), URC hall, Summertown, OX2 7ED [also via Zoom, please enquire]

**PAYG:** £11; 6-class card valid 8 weeks £60; online: £8

**Bookings on:** <https://bookwhen.com/dancingconvolutions>

**Website:** <https://dancingconvolutions.blogspot.com/p/teaching.html>

**Contact:** Ségolène Tarte - [segolene.tarte@gmail.com](mailto:segolene.tarte@gmail.com)

#### **East Oxford School of Ballet** (established for over 30 years)

Classes in Ballet Jazz and Tap for children and adults, in East Oxford, Headington and (from September) central north Oxford. Includes a Youth Ballet Company for talented dancers wishing for extended dance development and performance opportunities.

For details of current classes please see Timetable page of website: [www.eastoxfordballet.co.uk](http://www.eastoxfordballet.co.uk)

#### **Marianna Vellopoulou School of Dance**

**Mondays:** St Michaels Church, Portland Road

**Tuesdays:** St Andrews Lindon Road

**Thursdays:** United Reformed Church, Banbury Road

**Fridays:** St Andrews, Lindon Road

**Saturdays:** North Wall Arts Centre, South Parade

RAD CLASSES FROM PRE-PRIMARY TO INTERMEDIATE AND CHILDREN CONTEMPORARY

**Contact:** [mariannavel@hotmail.com](mailto:mariannavel@hotmail.com)

### **Mini Professionals Dance Company**

**Tuesday:** MPDA studios, 12 Banbury Road, OX5 2BT

(6.30pm-7.30pm) Beginner adult ballet

**Contact:** Bethany Gorton (Mini professionals dance academy) 01865 664950/

[office@mpdance.co.uk](mailto:office@mpdance.co.uk)/ [www.mpdance.co.uk](http://www.mpdance.co.uk)

**Wednesday:** MPDA studios, 12 Banbury Road, OX5 2BT

(6pm-7pm) Adult mixed level ballet

(7pm-7.45pm) Adult Barre

**Contact:** Bethany Gorton (Mini professionals dance academy) 01865 664950/

[office@mpdance.co.uk](mailto:office@mpdance.co.uk)/ [www.mpdance.co.uk](http://www.mpdance.co.uk)

**Friday:** Prana Studios, 2 Avenue Ln, Oxford OX4 1YF

(5.30pm-6.15pm) Adult Barre

**Contact:** Bethany Gorton (Mini professionals dance academy) 01865 664950/

[office@mpdance.co.uk](mailto:office@mpdance.co.uk)/ [www.mpdance.co.uk](http://www.mpdance.co.uk)

### **Oxford Academy of Dance**

**Monday** - St Aloysius School, Woodstock Rd

(7.30-8.30pm) Body Workout

**Wednesday** - St Aloysius School, Woodstock Rd

(7.00-8.15pm) Improvers Ballet

**Saturday** - St Aloysius School, Woodstock Rd

(2.30-3.45pm) Beginners Ballet

**Contact:** Paula Nattrass (Oxford Academy of Dance) 07913995963/

[paula@oxfordacademyofdance.co.uk](mailto:paula@oxfordacademyofdance.co.uk)

### Ballroom/Latin

#### **Mini Professionals Dance Company**

**Sunday:** MPDA studios, 12 Banbury Road, OX5 2BT

(4pm-5pm) Adult Ballroom/Latin

**Contact:** Bethany Gorton (Mini professionals dance academy) 01865 664950/

[office@mpdance.co.uk](mailto:office@mpdance.co.uk)/ [www.mpdance.co.uk](http://www.mpdance.co.uk)

### **Step-by-Step**

**Tuesday** – West Witney Primary School Hall, Witney

(7.00-8.00pm) – Beginners (£6 pp or £10 per couple)

No partner or experience required

**Contact:** Yolanda stepbystep.witney@gmail.com

### Belly Dancing

#### **Loreley Rice**

**Monday** – St. Andrews Church Hall, Orchard Road, Dean Court, Botley

(6.30-7.30pm) Tribal fusion style for improvers upward

(7.40-8.40pm) Beginners belly dance

**Tuesday** – The Beacon, Portway, Wantage

(8.25-9.25pm) Improver-Intermediate

**Thursday** – Abingdon Conservative Club, 59 Ock Street, Abingdon

(6.20-7.20pm) Beginners

(7.25-8.25) Improvers

(8.30-9.30pm) Intermediate-Advanced

**Contact:** Loreley Rice 01367 710652 / 07472 345222 / loreleyrice@gmail.com /  
www.loreleyrice.co.uk

### Burlesque

#### **Attitude Dance School**

Non-strip dance class. It's all tease and no sleaze.

**Monday** – Headington Quarry Hall

(6.00-7.00pm) Beginner only

(8.00-9.00pm) Mixed ability (£6 per session)

**Thursday** – Preston Road Community Centre, Abingdon

(6.00-7.00pm) Beginner only

(8.00-9.00pm) Mixed ability (£6 per session)

**Contact:** Lauren Dean – 07745 031293 / attitude\_dance\_school@live.co.uk /  
www.attitude-dance-school.com

### **Burlesque and Drag Classes**

**Teacher:** Vita Peach

**Contact:** vitapeachburlesque@gmail.com

**Dates:** courses run several times a year, please get in touch for more details

**Where:** Arts at The Old Fire Station, city centre

### Ceroc/Modern Jive

**Thursday** - The Beacon, Portway, Wantage OX12 9BX (8-11pm).

**Contact:** 07974388340; email ceroc\_oxford@hotmail.com and website www.ceroc.com

### Circle and World Dance

#### **Circle Dance Oxford**

A beautiful mix of traditional and more modern dances to music from around the world. Dancing in circle is timeless and can be fulfilling on many levels. We meet in term times from 2.30-4pm on Wednesdays at NOA (Diamond Place, Summertown).

All welcome, no experience needed as each dance is taught every time before we dance it. A full description can be found on NOA's website here <https://www.northoxfordassociation.co.uk/activity-calender/sense-of-movement/>

**Wednesday** - North Oxford Ass. Community Centre, Diamond Place

(2.30-4.00pm) Beginners welcome.

**Contact:** Wendy Halford [circledanceoxford@gmail.com](mailto:circledanceoxford@gmail.com)

Free trial for new dancers!

**Contact:** Wendy/Jane at [circledanceoxford@gmail.com](mailto:circledanceoxford@gmail.com)

### Contemporary (for Adults with Learning Disabilities)

#### **Anjali Dance Company**

Join us for inclusive dance sessions for people who have learning disabilities and associated conditions, aged 16-30 years, with some prior dance experience already.

You will have the opportunity to work on:

- dance technique
- creative and choreography skills
- performance training

- fitness and health

Anjali Dance Company: Open Classes  
Mondays, 5.30 - 7pm  
The Mill Arts Centre, Banbury, OX16 5QE

You will also get chance to meet other people, socialise and build a community together.  
Classes cost £9.50 per class, with booking in blocks of classes on a termly basis.  
For more information contact us on [info@anjali.co.uk](mailto:info@anjali.co.uk)

### Contemporary

#### **Attitude Dance School**

**Monday** – Headington Quarry Hall

(7.00-8.00pm) Open class – Beginners/Intermediate Contemporary/Modern  
(£6 per session)

**Contact:** Lauren Dean – 07745 031293 / [attitude\\_dance\\_school@live.co.uk](mailto:attitude_dance_school@live.co.uk) / [www.attitude-dance-school.com](http://www.attitude-dance-school.com)

#### **DugOut Oxford**

**Tuesday:** John Bunyan Baptist Church, Crowell Road, Cowley (7.30-9.00pm) DugOut Adult Community Dance

**Contact:** Cecilia Macfarlane 07968 073763 / [dugout.oxford@gmail.com](mailto:dugout.oxford@gmail.com) / [www.dugoutdance.org.uk](http://www.dugoutdance.org.uk)

#### **Lunas Dance Project**

**Wednesday:** Arts at the Old Fire Station, George Street, Oxford OX1 2AQ

(6.30-8.00pm) Contemporary dance class with Lunas Dance Project

**Saturday:** The Coach House, 46 Quarry Road, Headington

(10.30-12.00pm) Advanced beginners / Intermediate

**Contact:** Ellie – [lunasdanceproject@gmail.com](mailto:lunasdanceproject@gmail.com) / <https://www.lunasdanceproject.com>

### Hip Hop/Street Dance/Commercial/Heels

#### **Attitude Dance School**

##### **Hip Hop with Body Politic**

##### **Wednesdays:**

Body Politic YOUTH Body Politic's very own youth company for dancers aged 15-25 yrs. The programme has been designed to provide opportunities for young dancers to train and develop as performers, dancers, and choreographers through the fusion of hip-hop, and dance theatre.

**Venue:** Pegasus Theatre, Magdalen Road, OX4 1RE

**BP YOUTH** (15-25yrs) 6:45-8:45PM

Contact: <https://bodypoliticdance.com/classes/body-politic-youth/> / [info@bodypoliticdance.com](mailto:info@bodypoliticdance.com) / [education@bodypoliticdance.com](mailto:education@bodypoliticdance.com) / 07791905851

#### **Mini Professionals Dance Company**

**Tuesday:** MPDA studios, 12 Banbury Road, OX5 2BT

(6.15pm-7.15pm) Adult fundamental heels

(7.30pm-8.30pm) Adult Beginner commercial/hip hop

**Contact:** Bethany Gorton (Mini professionals dance academy) 01865 664950/  
[office@mpdance.co.uk](mailto:office@mpdance.co.uk) / [www.mpdance.co.uk](http://www.mpdance.co.uk)

**Friday:** MPDA studios, 12 Banbury Road, OX5 2BT

(7.00pm-8.00pm) Adult Intermediate commercial/hip hop

**Contact:** Bethany Gorton (Mini professionals dance academy) 01865 664950/  
[office@mpdance.co.uk](mailto:office@mpdance.co.uk) / [www.mpdance.co.uk](http://www.mpdance.co.uk)

**Friday:** Prana Studios, 2 Avenue Lane, Oxford, OX4 1YF  
(6.15pm-7.00pm) Adult mixed ability commercial/hip hop  
(7pm-8pm) Adult fundamental heels

**Contact:** Bethany Gorton (Mini professionals dance academy) 01865 664950/  
[office@mpdance.co.uk](mailto:office@mpdance.co.uk) / [www.mpdance.co.uk](http://www.mpdance.co.uk)

### Indian Classical (Kathak)

**Website -** [www.drishtidance.co.uk](http://www.drishtidance.co.uk)

**Friday** – Risinghurst Community Centre, Kiln Lane, Headington, Oxford City Council  
(6.00 – 7.00pm) Beginners  
(7.00 – 8.00) Advanced

Classes suitable for both children (6 years and above), youth and adults.

**Contact** - Anuradha Chaturvedi

07765 190 197

[Anuradha.Chaturvedi@drishtidance.co.uk](mailto:Anuradha.Chaturvedi@drishtidance.co.uk)

### Jazz/Lyrical

#### **Mini Professionals Dance Company**

**Monday:** MPDA studios, 12 Banbury Road, OX5 2BT

(6pm-6.45pm) Beginner adult jazz technique

(6.45pm-7.30pm) Adult Musical theatre jazz

(7.30pm-8.30pm) Adult advanced/professional jazz

**Tuesday:** MPDA studios, 12 Banbury Road, OX5 2BT

(6.15pm-7.15pm) Adult Intermediate Jazz

**Wednesday:** MPDA studios, 12 Banbury Road, OX5 2BT

(7.45pm-8.45pm) Adult Beginner Jazz

**Saturday:** MPDA studios, 12 Banbury Road, OX5 2BT

(2pm-3pm) Adult Beginner/Inter Jazz

(3pm-4pm) Adult lyrical

**Contact:** Bethany Gorton (Mini professionals dance academy) 01865 664950/  
[office@mpdance.co.uk](mailto:office@mpdance.co.uk) / [www.mpdance.co.uk](http://www.mpdance.co.uk)

### Over 60's Dance

#### **Dance for Parkinson's (MuMo Creative with OCC & English National Ballet)**

Our weekly Dance for Parkinson's classes combine movement, live music, creative exercises and vocal work and are always build around themes and stories.

**Mondays:** 12.30pm - 1.45pm Wesley Memorial Hall, New Inn Hall Street, OX1 2DH

Contact: [www.mumocreative.com](http://www.mumocreative.com) / [hello@mumocreative.com](mailto:hello@mumocreative.com)

#### **Dance for Joy – 60+ Dance Class (MuMo Creative)**

Join us for a new creative dance class that combines movement, live music, vocal work and stories to enhance physical and mental wellbeing.

**Mondays:** 2.15pm - 3.15pm Wesley Memorial Hall, New Inn Hall Street, OX1 2DH

Contact: [www.mumocreative.com](http://www.mumocreative.com) / [hello@mumocreative.com](mailto:hello@mumocreative.com)

#### **Mindful Movement for Parkinson's (MuMo Creative)**

Join us for a new mindful movement for Parkinson's class that combines mindfulness and yoga-based exercises and relaxation and breath techniques to enhance physical and mental wellbeing.

**Fridays:** 1.00pm - 2.00pm Wesley Memorial Hall, New Inn Hall Street, OX1 2DH

Contact & more info: [www.mumocreative.com](http://www.mumocreative.com) / [hello@mumocreative.com](mailto:hello@mumocreative.com)

#### **Silver Shakers Dance Group**

Silver Shakers is an inclusive group of men and women (aged 50+) who enjoy coming together to

dance, socialize and have fun. Each week there is a dance session for an hour and then time for a cup of tea and a catch up. Sessions are designed for people of all physical abilities and are fun, creative and good for your health, taken at your own pace.

**Mondays:** 10.15-12.15pm (inc refreshments) Bullingdon Community Centre, Peat Moors OX3 7HS  
Contact & more info: [cthompson@oxford.gov.uk](mailto:cthompson@oxford.gov.uk) / 01865 252820

### Pilates

#### **Lunas Dance Project**

**Mondays:** 9.30am – 10.30am Matrix Arts Centre, Sutton Courtenay, OX14 4UA

**Wednesdays:** 5.30-6.20PM Arts at the Old Fire Station, George Street, OX1 2AQ

**Fridays:** 9.30 – 10.30am Matrix Arts Centre, Sutton Courtenay, OX14 4UA

**Contact:** Ellie – [lunasdanceproject@gmail.com](mailto:lunasdanceproject@gmail.com) / <https://www.lunasdanceproject.com>

### Salsa

#### **OnSalsa Dance School**

**Tuesdays** – Summertown Church Hall, Portland Road

(7.15-10.00pm) Salsa Cross Body Style (on1)

Beginners, Improvers, Intermediates and Advanced

**Cost** - £9.00

**Website** - [www.onsalsa.com](http://www.onsalsa.com)

### Swing and Lindy Hop

#### **Oxford Balboa**

Come and learn a fabulous swing dance from the 1930s and 1940s. Balboa is a lyrical and subtle partner dance. Friendly classes for beginners and intermediates. No need to bring a partner.

**Monday** – St Michael's Church Hall, Portland Road, OX2 7EZ

(7.30pm-10.30pm)

**Sunday** - monthly social dances, often with a live band, 2-6pm at Old Headington Village Hall, OX3 9BY Oxford Balboa

**Contact:** [info@oxfordbalboa.co.uk](mailto:info@oxfordbalboa.co.uk)

[www.oxfordbalboa.co.uk](http://www.oxfordbalboa.co.uk)

For full details see our website [www.oxfordbalboa.co.uk](http://www.oxfordbalboa.co.uk) or search Oxford Balboa to find us on Facebook

#### **Oxford Lindy Hoppers**

##### **Swing Fix (Tuesdays)**

*Swing Fix*, a beginner-friendly Swing Basics class starts at 20:00 that gets you social dancing within the hour! It is followed by social dancing from 21:00 until 22:15. This is a drop-in evening where anyone can join and have a relaxed introduction to Lindy Hop and the scene. There is no need to bring a partner or book. Payment is by card only. This runs throughout the year, with a closure from mid-December to early January.

**Venue:** St Columba's Church Hall. Don't use the main entrance. Enter through the rear of The Bear pub on Blue Boar Street

**Website:** [Swing Fix - Oxford Lindy Hoppers](#)

##### **Fire Station Swing (Thursdays)**

*Fire Station Swing*, our main teaching night for Swing Dance classes, is held on Thursday evenings at the Old Fire Station. We run throughout the year with breaks for Christmas, Easter, and Summer Holidays (please check the website if we're on). The concurrent classes in two rooms at the Old Fire Station are aimed at beginners through to more experienced dancers. Everyone is welcome! There is no need to bring a partner or book. Payment is by card only.

##### **When:**

Beginners – 7:30 p.m. to 8:30 p.m.

Beginners – 8:30 p.m. to 9:30 p.m. The two beginners' classes at 7:30 p.m. and 8:30 p.m. will cover different material, so feel free to do both!

Improvers – 7:30 p.m. to 8:30 p.m.

Intermediates – 8:30 p.m. to 9:30 p.m.

Social dancing! 9:30 p.m. to 10:30 p.m.

**Venue:** The Old Fire Station, 40 George Street, OX1 2AQ.

**Website:** [Fire Station Swing - Oxford Lindy Hoppers](#)

### **Hop the Hall (1<sup>st</sup> Friday of the Month)**

*Hop The Hall*, Oxford's longest-running Lindy Hop social runs monthly on the first Friday. Due to the friendly local scene and great DJ music, it attracts people of all dance experiences from all parts of the UK, and sometimes further! It is an opportunity for swing dancers of any experience to get together in Oxford to dance and chat. If you're new to social dancing, this is the perfect place to get out on the floor in a relaxed atmosphere or listen to some great tunes played by our local DJs and occasional live bands. Informal, fun, and with a great floor. There is no need to bring a partner or book. Payment is by card only.

**When:** Doors open at 7:50 p.m. DJs from 8:00 p.m. to 11:30 p.m.

**Venue:** St Margaret's Institute, 30 Polstead Road, Oxford OX2 6TN.

**Website:** [Hop the Hall - Oxford Lindy Hoppers](#)

### **Swing Dance Summertown**

Swing Dance Summertown is Oxford's most popular and premier dance class for anyone who wants to learn to Lindy Hop & Swing Dance in Oxford

Wednesday – Cherwell School SOUTH Site, Marston Ferry Road, Oxford, OX2 6UX. For Beginners, Improvers and Intermediate dancers.

Weekly Classes start at 7.30pm followed by social dancing until 10.20pm

£6 for members & £10 non-members for a night of dancing. Free off-road parking.

**Summertown Swing Tea Dance:** Monthly social swing dance on the 2nd Sunday each month @ St Michael's Church Hall, 2 Portland Road, Oxford OX2 7EZ (2:00pm - 5:30pm). Pay £6 on the door, no booking required. Easy on-street parking

**The Summertown Speakeasy - Big Saturday Dance Night Out.** Oxford's biggest and most popular social dance event on the 3rd Saturday of the month. 8:00pm - 11pm

The Cherwell School NORTH Site, Marston Ferry Road, Oxford, OX2 7EE.

Playing Big Band Swing and Jazz for swing dancers. Members £8, Non Members £12, plus special live music performances. Come and Dance like the cool cats of the Jazz Age. Free off Road Parking. Check the website for details

**Full details:** [info@swingdancesummertown.co.uk](mailto:info@swingdancesummertown.co.uk) / <https://www.swingdancesummertown.co.uk>

### Tap

#### **AA Dance Academy**

**Wednesday** – Dance Studios, Abingdon College

Beginners, Improvers and Advances Classes available

**Contact:** Amanda – [amanda@aadanceacademy.co.uk](mailto:amanda@aadanceacademy.co.uk) /

[www.aadanceacademy.co.uk](http://www.aadanceacademy.co.uk) / 07709 494 644

#### **Mini Professionals Dance Company**

**Monday:** MPDA studios, 12 Banbury Road, OX5 2BT

(6.30pm-7.15pm) Adult beginner tap

(7.15pm-8pm) Adult Intermediate tap

**Contact:** Bethany Gorton (Mini professionals dance academy) 01865 664950/

[office@mpdance.co.uk](mailto:office@mpdance.co.uk) / [www.mpdance.co.uk](http://www.mpdance.co.uk)

#### **Oxford Academy of Dance**

**Friday** - St Aloysius School, Woodstock Rd

(6.00-6.45pm) Adult Beginners Tap

(6.45-7.30pm) Adult Improvers Tap

**Contact:** Paula Natrass (Oxford Academy of Dance) 07913995963/  
[www.oxfordacademyofdance.co.uk](http://www.oxfordacademyofdance.co.uk)

### **Sole Rebel Tap**

**Tuesday** – The Old Fire Station

Non syllabus tap classes, fun, upbeat – come make some rhythms!

(6pm) Beginners

(6.45pm) Advanced beginners

(7.30pm) Intermediate

(8.15pm) Advanced

**Cost:** £45 for 6 weeks of 1 class or £67 for 6 weeks of 2 classes (Taught in set- blocks of 6 weeks)

**Contact:** Lexi Bradburn: [oxfordclasses@solerebel.co.uk](mailto:oxfordclasses@solerebel.co.uk) / [www.solerebel.co.uk](http://www.solerebel.co.uk)

### **Adult Tap**

**Wednesdays** – (Intermediate) 6.30pm-7.15pm

Step 2 Studios, Cassington

**Contact** - [plumellis@yahoo.co.uk](mailto:plumellis@yahoo.co.uk) / 07754 373782

### T'ai Chi & Qigong

'Moving meditation' – gentle exercise which strengthens the body, calms the mind, and improves balance and co-ordination.

**Monday** - Iffley Church Hall, Church Way, Iffley OX4 4EG

(6.00-7.00pm) Introductory / Beginners

(7.00-8.00pm) Short Form

(8.00-9.00pm) Long Form

**Thursday** – Oxford Quaker Meeting House, 43 St Giles, Oxford OX1 3LW

(1.00-2.00pm) Short Form

(2.00-3.00pm) Long form

(3.00-4.00pm) Introductory / Beginners

**Thursday** – Florence Park Community Centre, Cornwallis Road, OX4 3NH

(5.45-6.45pm) Beginners / Short Form

Free 'taster' session

£50 for five sessions / £40 via Zoom; £80 / £60 for ten

**Contact:** Anne Mackintosh 01865 714849 / [taichi@annemack.org](mailto:taichi@annemack.org) / <https://taichi-in-oxford.co.uk/>

### Yoga

#### **Mini Professionals Dance Company**

**Saturday:** MPDA studios, 12 Banbury Road, OX5 2BT

(9.30am-10.15am) Adult Yoga

**Contact:** Bethany Gorton (Mini professionals dance academy) 01865 664950/  
[office@mpdance.co.uk](mailto:office@mpdance.co.uk) / [www.mpdance.co.uk](http://www.mpdance.co.uk)

#### **Nagy Yoga**

##### **Morning classes:**

**Monday** - online interactive 9.15-10.15 am (mixed abilities)

yogin67@gmail.com, 07554635112, [www.nagy-yoga.classes](http://www.nagy-yoga.classes) (booking essential)

**Tuesday** - Abingdon Guildhall

9.15-10.15 am (mixed abilities)

10.30-11.30 am (beg. + med condition)

yogin67@gmail.com, 07554635112, [www.nagy-yoga.classes](http://www.nagy-yoga.classes) (booking essential)



**Wednesday** - Abingdon Guildhall

9.15-10.30 am (Vinyasa- improvers/dynamic)

yogin67@gmail.com, 07554635112, [www.nagy-yoga.classes](http://www.nagy-yoga.classes) (booking essential)

**Evening Classes:**

**Thursday** - Abingdon Guildhall

6.30-7.30 pm (Vinyasa gentle + Yoga Nidra)

yogin67@gmail.com, 07554635112, [www.nagy-yoga.classes](http://www.nagy-yoga.classes) (booking essential)

**Tuesday** - Clifton Hampden village hall

6.30-8 pm (mixed abilities)

yogin67@gmail.com, 07554635112, [www.nagy-yoga.classes](http://www.nagy-yoga.classes) (booking essential)

Zumba

**Friday** – St Michael’s Church Hall, Portland Road, Summertown, Oxford (9.30-10.30am) Zumba No need to book in advance

**Contact:** Bry 07967 757778 / [bryzumba@gmail.com](mailto:bryzumba@gmail.com) / <https://www.zumba.com/en-US/p/bryony-leighton/843992>

**If you would like further information about Dance in Oxford please contact: Arts Development Officer - Community Services, Oxford City Council, Town Hall, St Aldate's, Oxford OX1 1BX. [cthompson@oxford.gov.uk](mailto:cthompson@oxford.gov.uk) / 01865 252820**