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| MONDAY | 1:00 – 1:30 | Adult Tap Beginners |
| | 1:30 – 2:30 | Adult Ballet Beginners |
| | 7:00 – 7:45 | Adult Ballet |
| | 7:45 – 8:45 | Adult Tap - beginners |
| | 8:45 – 9:45 | Adult Tap advanced |
| TUESDAY | 10:30 – 11:30 | Dance Fit |
| WEDNESDAY | 11:30 - 1:00 | Adult Ballet – Grade 6 |
| THURSDAY | 3:30 – 4:30 | BalletBeFit (50 yrs +) |
| Southfield House, Dorchester | 2:15 – 3:00 | Chair based exercise class |
| St Mary's Community hall DT1 2LX | 7:30 – 8:30 | Adult Dance Fusion |
| FRIDAY | 11:30 – 1:00 | Adult Ballet – Grade 7/ Advanced1 |