

Vestry School of Dance
Timetable 2025/26



Sept 2025 Adults

Monday

St John's Church, Brookscroft Rd, E17 4LH {near the Billet roundabout}

Time	Class Type	Time	Class Type
7.15 - 8.15pm	NEW Adult Dynamic Pilates		
7.15 -8.30pm	Adult Relaxed Ballet with Conditioning	7.45 - 8.45pm	Adult Advanced Ballet
		8.45 - 9.15pm	Advanced Point Work By invite only

Tuesday

Chingford United Reformed Church, 2B Buxton Rd, E4 7DP, {North Chingford off Station Road}

Time	Class type
11:30 - 12:30	Adult Timeless Ballet (Any ages)

Wednesday

St John's Church, Brookscroft Rd, E17 4LH {near the Billet roundabout}

Time	Class Type
6:30 - 7:30	Body Conditioning (PBT) - Any ages
7:30 - 8:30	NEW Beginners Adult Ballet
8:00 - 9:15	Adult Contemporary

Wednesday

The Village, Trinity United Reform Church, 58 Orford Rd, E17 9QL

Time	Class Type
11:15 - 12:15	NEW Dynamic Pilates

Thursday

St John's Church, Brookscroft road, E19 4LH {near the Billet roundabout}

Time	Class Type	Time	Class Type
8: 00 - 9:00	New Adult Tap Absolute Beginner	8:15 - 9:15	Adult Tap Improvers