

**movement angol** dance company

**Weekly Dance Classes**  
 +44(0)7944 815654  
 info@movementangol.co.uk  
 www.movementangol.co.uk



	<b>Mondays</b>	<b>Class Details and Venue</b>
	<b>7pm to 8pm</b>	<b>Dance Fitness &amp; Wellbeing</b> <b>Level: Open / £7</b> <b>Venue:</b> Islington Arts Factory, 2 Parkhurst Road, N7 0SF / <b>Tube:</b> Holloway Road, Caledonian Road, <b>Bus:</b> 4, 17,29, 43, 91, 153, 253, 259, 271, 279, 359
	<b>Thursdays</b>	
	<b>7pm to 8.30pm</b>	<b>Contemporary African Dance</b> <b>Level: Open / £9</b> <b>Venue:</b> Central School of Ballet, 10 Herbal Hill, Clerkenwell Road, London EC1R 5EG Tel: +44(0)207 837 6332 / <b>Tube:</b> Farringdon, Chancery Lane, Holborn / <b>Bus:</b> 19, 38, 45, 46, 55, 63, 171, 171a
	<b>Saturdays</b>	
	<b>Time Slots:</b> <b>9.30am to 10.45am</b> <b>11am to 12.15pm</b> <b>12.30pm to 1.45pm</b>	<b>BodyRhythms™ - Therapeutic Dance &amp; Relaxation</b> <b>1 to 1 Client base session - £35/session</b> <b>Venue:</b> Islington Arts Factory, 2 Parkhurst Road N7 0SF / <b>Tube:</b> Holloway Road, Caledonian Road, <b>Bus:</b> 4, 17,29, 43, 91, 153, 253, 259, 271, 279, 359 <b>To book session please call Francis on: 07944 815654 (Home session also available)</b>
	<b>Sundays</b>	
	<b>10.30 to 11.30am</b>	<b>BodRhythms™ - Therapeutic Dance &amp; Relaxation</b> <b>Level: Open / £8</b> <b>Venue:</b> Islington Arts Factory, 2 Parkhurst Road N7 0SF / <b>Tube:</b> Holloway Road, Caledonian Road, <b>Bus:</b> 4, 17,29, 43, 91, 153, 253, 259, 271, 279, 359 <b>(This class is suitable for absolute beginners)</b>
	<b>2.30pm to 4pm</b>	<b>Contemporary African Dance</b> <b>Level: Beginners / £8</b> <b>Venue:</b> Islington Arts Factory, 2 Parkhurst Road N7 0SF / <b>Tube:</b> Holloway Road, Caledonian Road, <b>Bus:</b> 4, 17,29, 43, 91, 153, 253, 259, 271, 279, 359
	<b>4pm to 5.30pm</b>	<b>Contemporary African Dance</b> <b>Level: Intermediate / £8</b> <b>Venue:</b> Islington Arts Factory, 2 Parkhurst Road N7 0SF / <b>Tube:</b> Holloway Road, Caledonian Rd <b>Bus:</b> 4, 17,29, 43, 91, 153, 253, 259, 271, 279, 359
<b>Special offers: Class Bundle of 10 classes: £75, Sunday Combo Saver: £14 (Two classes)</b> (Please note, class bundle does not include Thursdays contemporary African class)		

	<b>Sunday</b> <b>9am to 10.30am</b>	<b>Movement Angol Company Class / Research &amp; Development</b> <b>Level: Advanced / Professional - £5</b> <b>Venue:</b> Islington Arts Factory, 2 Parkhurst Road N7 0SF / <b>Tube:</b> Holloway Road, Caledonian Rd <b>Bus:</b> 4, 17,29, 43, 91, 153, 253, 259, 271, 279, 359
	<b>Sunday</b> <b>5.30pm to 7pm</b> <i>The group welcomes new members.</i> <i>To apply, please go to "www.movementangol.co.uk/angol.2", and download an application form.</i>	<b>Angol.2 Chance to Dance</b> <b>(Adult community performance company rehearsal session)</b> <b>Level: Intermediate/Advanced</b> <b>Venue:</b> Islington Arts Factory, 2 Parkhurst Road N7 0SF / <b>Tube:</b> Holloway Road, Caledonian Rd <b>Bus:</b> 4, 17,29, 43, 91, 153, 253, 259, 271, 279, 359