



# STUDIO CLASSES SUMMER TERM FROM 23 APRIL

24 HOPE ST | 0151 708 8810 | info@mdi.org.uk | mdi.org.uk | @mdistudio24

## MON

### LUNCHTIME YOGA

12:30pm - 1:15pm | £5

### PILATES

6:00pm - 7:00pm | £6

### TAI CHI QUAN

(INTERMEDIATE)

7:00pm - 8:00pm | £6

## TUES

### QI GONG AND TAI CHI (BEGINNERS)

10:00am - 11:00am | £6

### QI GONG AND TAI CHI (INTERMEDIATE)

11:00am - 12:00pm | £6

### MEN! DANCING! (OVER 50s)

1:30pm - 3:00pm | £4

### DANCE STARS (AGES 5-8)

4:00pm - 5:00pm | £4

### BALLET (OPEN LEVEL) \*

5:30pm - 7:00pm  
£6.50 / £5.50 concs

### CONTEMPORARY (OPEN LEVEL) \*

7:00pm - 8:30pm  
£6.50 / £5.50 concs

### AFRODANCE

8:30pm - 9:30pm | £6

## WEDS

### 50 MOVES (OVER 50s)

11:00am - 12:30pm | £4

### PHYSIOTHERAPY

THROUGH DANCE  
(DEMENTIA FRIENDLY) \*\*

2:30pm - 3:30pm | Free

### MELT JAZZ

(INTERMEDIATE)

5:30pm - 6:30pm | £4

### HATHA YOGA

6:30pm - 7:30pm  
£7 / £5.50 concs

### MCO CONTEMPORARY (OPEN LEVEL)

7:45pm - 9:15pm | £6

## THURS

### TAP (OPEN LEVEL)

11:00am - 12:00pm | £3.50

### DANCE FOR PARKINSON'S \*\*

1:30pm - 3:30pm | £4

### MERSEYSIDE YOUTH DANCE COMPANY (AGES 13-19)

5:00pm - 6:30pm | £4

### BALLET (BEGINNERS) \*

6:30pm - 7:30pm  
£5.50 / £5 concs

### CONTEMPORARY (BEGINNERS) \*

7:30pm - 8:30pm  
£5.50 / £5 concs

### COMMERCIAL HEELS

8:30pm - 10:00pm | £5

## FRI

### PROFESSIONAL LEVEL CLASS \*

10:00am - 11:30am | £6

### COMMERCIAL HIP HOP

6:00pm - 7:30pm | £5

### AFROHOUSE NATION

7:30pm - 8:30pm | £4  
(Free for under 12s)

## SAT

### CARDIO PILATES

9:30am - 10:00am | £5

### CLASSIC MAT PILATES

10:00am - 11:00am | £6  
(or both classes for £10)

### HOUSE OF SUAREZ: VOGUE

11:00am - 12:00pm | £5

### HOUSE OF SUAREZ: CONTEMPORARY

12:00pm - 1:00pm | £5

### TAEKWONDO

5:00pm - 7:00pm | £6

## SUN

### BARRE BALANCE

10:00am - 11:00am

11:30am - 12:30pm

£45 for 5 classes or  
£80 for 10 classes

(No 11:30am class  
on the first Sunday  
of the month)

### POLE FITNESS (BEGINNERS)

2:00pm - 3:00pm | £9

3:00pm - 4:00pm | £9

\* For these classes, a  
10 class card is available  
for £50 / £40 concs.  
This can be redeemed  
on any of the starred  
classes, within one year  
of purchase.

\*\* Advance booking is  
required, please contact  
[jennie@mdi.org.uk](mailto:jennie@mdi.org.uk)  
for more information.

All of our classes are  
for ages 16+ unless  
otherwise stated.

## HIRE OUR STUDIO

Our studio is available  
to hire by the hour, from  
7:00am - 10:00pm,  
7 days a week.

Hourly rates vary  
from £8.50 - £20.00.

Fully accessible,  
9.9m x 6.3m, sprung  
wooden floor, mirrors,  
barre and quality  
sound system.

**Book now:**  
0151 707 8810  
info@mdi.org.uk