

DATE AND TIME (24 Hour Clock)	STYLE OF DANCE	AGE SUITABILITY	COMPANY/ARTIST	WEBSITE DETAILS	HOW DO PEOPLE ACCESS YOUR CLASS	DO PEOPLE NEED TO BOOK?	COST	WHAT DO PEOPLE NEED TO WEAR/BRING TO CLASS	WHERE BASED
Thursday 26 March									
10:00 Friday 27 March	Funky dance classes	Preschool girls and boys	diddi dance with Becky	www.diddidance.com	Instagram @diddidanceessex	Just join us on Instagram Live		N/A	
Monday 30 March									
16:45 - 17:15	Street Dance	3 - 6 Years	Essex Dance Exclusive		Instagram @essexdanceexclusive	Just join us on Instagram Live	Pay what you can afford www.paypal.me/amiewhitaker	N/A	Kelvedon and Chelmsford
17:30 - 18:15	Street Dance	7 - 16 Years	Essex Dance Exclusive		Instagram @essexdanceexclusive	Just join us on Instagram Live	Pay what you can afford www.paypal.me/amiewhitaker	N/A	Kelvedon and Chelmsford
18:00 - 18:55	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
19:00 - 19:55	Shimmy Circuits Body Weight Strenght and Agility	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
19:45 - 20:30	Street Dance	Adults	Essex Dance Exclusive		Instagram @essexdanceexclusive		Pay what you can afford www.paypal.me/amiewhitaker	N/A	Kelvedon and Chelmsford
20:00 - 20:55	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)	Chelmsford
Tuesday 31 March									
09:15 - 10:10	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
10:30	Carnival Fitness	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
FROM MIDDAY	Choreo with KTO	Open	KTO		SUBSCRIBE DANCEWITHKTO	SUBSCRIBE DANCEWITHKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
FROM MIDDAY	Choreo with Saana	Open	S.O.S School of street		CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A	Colchester
FROM MIDDAY	Play & Dance age 3+	3+	KTO		SUBSCRIBE DANCEWITHKTO	SUBSCRIBE DANCEWITHKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
Wednesday 01 April									
09:15 - 10:10	Shimmy Circuits Body Weight Strenght and Agility	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
FROM MIDDAY	Age 7+ Choreo with KTO	7+	KTO		SUBSCRIBE DANCEWITHKTO	SUBSCRIBE DANCEWITHKTO	Contributions appreciated KT - paypal.me/kto7		Colchester
18:00 - 18:55	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
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19:00	Fun Dance Fitness	Adults	Miss Fits Workouts	Facebook MissFits Workout at Home	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions		N/A	Colchester
Thursday 02 April									
09:30	Street Dancercise	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
FROM MIDDAY	Beginners Choreo With Saana	Open	S.O.S School of Street		CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A	Colchester
18:45	Carnival Fitness	Open	S.O.S School of Street		LIVE Facebook S.O.S DANCE	LIVE Facebook S.O.S DANCE	Saana - paypal.me/saanateather	N/A	Colchester

19:15 - 20:10	Blockfit: Dance, Combat, HIIT & Stretch	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
Friday 03 April									
12:30 - 13:25	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)	Chelmsford
18:30	Mash Up Mix	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/hto7	N/A	Colchester
19:30	Choreo with Saana	Open	S.O.S School of Street		CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A	Colchester
Saturday 04 April									
08:30 - 09:25	Blockfit: Dance, Combat, HIIT & Stretch	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
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Sunday 05 April									
Monday 06 April									
16:45 - 17:15	Street Dance	3 - 6 Years	Essex Dance Exclusive		Instagram @essexdanceexclusive	Just join us on Instagram Live	Pay what you can afford www.paypal.me/amiewhitaker	N/A	Kelvedon and Chelmsford
17:30 - 18:15	Street Dance	7 - 16 Years	Essex Dance Exclusive		Instagram @essexdanceexclusive	Just join us on Instagram Live	Pay what you can afford www.paypal.me/amiewhitaker	N/A	Kelvedon and Chelmsford
18:00	Street Dancercise	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/hto7	N/A	Colchester
18:00 - 18:55	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
19:00	Fun Dance Fitness	Adults	Miss Fits Workouts	Facebook MissFits Workout at Home	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions		N/A	Colchester
19:00 - 19:55	Shimmy Circuits Body Weight Strenght and Agility	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
19:45 - 20:30	Street Dance	Adults	Essex Dance Exclusive		Instagram @essexdanceexclusive	Just join us on Instagram Live	Pay what you can afford www.paypal.me/amiewhitaker	N/A	Kelvedon and Chelmsford
20:00 - 20:55	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)	Chelmsford
Tuesday 07 April									
09:15 - 10:10	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
10:30	Carnival Fitness	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/hto7	N/A	Colchester
FROM MIDDAY	Choreo with KTO	Open	KTO		SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWithKTO	Contributions appreciated KT - paypal.me/hto7	N/A	Colchester
FROM MIDDAY	Choreo with Saana	Open	S.O.S School of street		CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A	Colchester
FROM MIDDAY	Play & Dance age 3+	3+	KTO		SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWithKTO	Contributions appreciated KT - paypal.me/hto7	N/A	Colchester
Wednesday 08 April									
09:15 - 10:10	Shimmy Circuits Body Weight Strenght and Agility	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford

Contributions appreciated KT - paypal.me/kto7										
FROM MIDDAY	Age 7+ Choreo with KTO	7+	KTO		SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWithKTO				Colchester
18:00 - 18:55	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hsbz 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A		Chelmsford
19:00	Fun Dance Fitness	Adults	Miss Fits Workouts	Facebook MissFits Workout at Home	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions		N/A		Colchester
19:00 - 19:55	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hsbz 401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)		Chelmsford
Thursday 09 April										
09:30	Street Dancecise	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A		Colchester
FROM MIDDAY	Beginners Choreo With Saana	Open	S.O.S School of Street		CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A		Colchester
18:45	Carnival Fitness	Open	S.O.S School of Street		LIVE Facebook S.O.S DANCE	LIVE Facebook S.O.S DANCE	Saana - paypal.me/saanateather	N/A		Colchester
19:15 - 20:10	Blockfit: Dance, Combat, HIIT & Stretch	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class beings.	£5 per class paid via BACS: hsbz 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A		Chelmsford
Friday 10 April										
12:30 - 13:25	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hsbz 401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)		Chelmsford
18:30	Mash Up Mix	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A		Colchester
19:30	Choreo with Saana	Open	S.O.S School of Street		CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A		Colchester
Saturday 11 April										
08:30 - 09:25	Blockfit: Dance, Combat, HIIT & Stretch	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hsbz 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A		Chelmsford
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Sunday 12 April										
Monday 13 April										
16:45 - 17:15	Street Dance	3 - 6 Years	Essex Dance Exclusive		Instagram @essexdanceexclusive	Just join us on Instagram Live	Pay what you can afford www.paypal.me/amiewhitaker	N/A		Kelvedon and Chelmsford
17:30 - 18:15	Street Dance	7 - 16 Years	Essex Dance Exclusive		Instagram @essexdanceexclusive	Just join us on Instagram Live	Pay what you can afford www.paypal.me/amiewhitaker	N/A		Kelvedon and Chelmsford
18:00	Street Dancecise	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A		Colchester
18:00 - 18:55	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hsbz 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A		Chelmsford
19:00	Fun Dance Fitness	Adults	Miss Fits Workouts	Facebook MissFits Workout at Home	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions		N/A		Colchester
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19:45 - 20:30	Street Dance	Adults	Essex Dance Exclusive		Instagram @essexdanceexclusive		Pay what you can afford www.paypal.me/amiewhitaker	N/A		Kelvedon and Chelmsford

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Tuesday 14 April									
09:15 - 10:10	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
10:30	Carnival Fitness	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto?	N/A	Colchester
FROM MIDDAY	Choreo with KTO	Open	KTO		SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWithKTO	Contributions appreciated KT - paypal.me/kto?	N/A	Colchester
FROM MIDDAY	Choreo with Saana	Open	S.O.S School of street		CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A	Colchester
FROM MIDDAY	Play & Dance age 3+	3+	KTO		SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWithKTO	Contributions appreciated KT - paypal.me/kto?	N/A	Colchester
Wednesday 15 April									
09:15 - 10:10	Shimmy Circuits Body Weight Strenght and Agility	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
FROM MIDDAY	Age 7+ Choreo with KTO	7+	KTO		SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWithKTO	Contributions appreciated KT - paypal.me/kto?		Colchester
18:00 - 18:55	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
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Thursday 16 April									
09:30	Street Dancercise	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto?	N/A	Colchester
FROM MIDDAY	Beginners Choreo With Saana	Open	S.O.S School of Street		CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A	Colchester
18:45	Carnival Fitness	Open	S.O.S School of Street		LIVE Facebook S.O.S DANCE	LIVE Facebook S.O.S DANCE	Saana - paypal.me/saanateather	N/A	Colchester
19:15 - 20:10	Blockfit: Dance, Combat, HIIT & Stretch	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd		Chelmsford
Friday 17 April									
12:30 - 13:25	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)	Chelmsford
18:30	Mash Up Mix	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto?	N/A	Colchester
19:30	Choreo with Saana	Open	S.O.S School of Street		CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A	Colchester
Saturday 18 April									
08:30 - 09:25	Blockfit: Dance, Combat, HIIT & Stretch	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd		Chelmsford
09:45 - 10:30	Shimmy Step	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	Freestyle 'bring your own Step' aerobics.	Chelmsford
Sunday 19 April Monday 20 April									
16:45 - 17:15	Street Dance	3 - 6 Years	Essex Dance Exclusive		Instagram @essexdanceexclusive	Just join us on Instagram Live	Pay what you can afford www.paypal.me/jamiewhitaker	N/A	Kelvedon and Chelmsford

17:30 - 18:15	Street Dance	7 - 16 Years	Essex Dance Exclusive	Instagram @essexdanceexclusive	Just join us on Instagram Live	Pay what you can afford www.paypal.me/amiewhitaker	N/A	Kelvedon and Chelmsford	
18:00	Street Dancecise	Open	KTO	LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester	
18:00 - 18:55	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
19:00	Fun Dance Fitness	Adults	Miss Fits Workouts	Facebook MissFits Workout at Home	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions	N/A	Colchester	
19:00 - 19:55	Shimmy Circuits Body Weight Strenght and Agility	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
19:45 - 20:30	Street Dance	Adults	Essex Dance Exclusive	Instagram @essexdanceexclusive		Pay what you can afford www.paypal.me/amiewhitaker	N/A	Kelvedon and Chelmsford	
20:00 - 20:55	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)	Chelmsford
Tuesday 21 April									
09:15 - 10:10	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
10:30	Carnival Fitness	Open	KTO	LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester	
FROM MIDDAY	Choreo with KTO	Open	KTO	SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester	
FROM MIDDAY	Choreo with Saana	Open	S.O.S School of street	CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A	Colchester	
FROM MIDDAY	Play & Dance age 3+	3+	KTO	SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester	
Wednesday 22 April									
09:15 - 10:10	Shimmy Circuits Body Weight Strenght and Agility	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
FROM MIDDAY	Age 7+ Choreo with KTO	7+	KTO	SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWithKTO	Contributions appreciated KT - paypal.me/kto7			Colchester
18:00 - 18:55	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
19:00	Fun Dance Fitness	Adults	Miss Fits Workouts	Facebook MissFits Workout at Home	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions	N/A	Colchester	
19:00 - 19:55	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)	Chelmsford
Thursday 23 April									
09:30	Street Dancecise	Open	KTO	LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester	
FROM MIDDAY	Beginners Choreo With Saana	Open	S.O.S School of Street	CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A	Colchester	
18:45	Carnival Fitness	Open	S.O.S School of Street	LIVE Facebook S.O.S DANCE	LIVE Facebook S.O.S DANCE	Saana - paypal.me/saanateather	N/A	Colchester	
19:15 - 20:10	Blockfit: Dance, Combat, HIT & Stretch	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd		Chelmsford
Friday 24 April									
12:30 - 13:25	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)	Chelmsford

18:30	Mash Up Mix	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
19:30	Choreo with Saana	Open	S.O.S School of Street		CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A	Colchester
Saturday 25 April									
08:30 - 09:25	Blockfit: Dance, Combat, HIIT & Stretch	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd		Chelmsford
09:45 - 10:30	Shimmy Step	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	Freestyle "bring your own Step" aerobics.	Chelmsford
Sunday 26 April									
Monday 27 April									
16:45 - 17:15	Street Dance	3 - 6 Years	Essex Dance Exclusive		Instagram @essexdanceexclusive	Just join us on Instagram Live	Pay what you can afford www.paypal.me/amiewhitaker	N/A	Kelvedon and Chelmsford
17:30 - 18:15	Street Dance	7 - 16 Years	Essex Dance Exclusive		Instagram @essexdanceexclusive	Just join us on Instagram Live	Pay what you can afford www.paypal.me/amiewhitaker	N/A	Kelvedon and Chelmsford
18:00	Street Dancercise	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
18:00 - 18:55									
19:00 - 19:55	Shimmy Circuits Body Weight Strenght and Agility	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
19:00	Fun Dance Fitness	Adults	Miss Fits Workouts	Facebook MissFits Workout at Home	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions		N/A	Colchester
19:45 - 20:30	Street Dance	Adults	Essex Dance Exclusive		Instagram @essexdanceexclusive		Pay what you can afford www.paypal.me/amiewhitaker	N/A	Kelvedon and Chelmsford
20:00 - 20:55	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)	Chelmsford
Tuesday 28 April									
09:15 - 10:10	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
10:30	Carnival Fitness	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
FROM MIDDAY	Choreo with KTO	Open	KTO		SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
FROM MIDDAY	Choreo with Saana	Open	S.O.S School of street		CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A	Colchester
FROM MIDDAY	Play & Dance age 3+	3+	KTO		SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
Wednesday 29 April									
09:15 - 10:10	Shimmy Circuits Body Weight Strenght and Agility	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
FROM MIDDAY	Age 7+ Choreo with KTO	7+	KTO		SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
18:00 - 18:55	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
19:00 - 19:55	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hbsc:401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)	Chelmsford

19:00	Fun Dance Fitness	Adults	Miss Fits Workouts	Facebook MissFits Workout at Home	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions	Join facebook group MissFits Workout at Home and complete an online form you will then be emailed a link to zoom page to take part in the online sessions	N/A	Colchester
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Thursday 30 April

09:30	Street Dancercise	Open	KTO		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
FROM MIDDDAY	Beginners Choreo With Saana	Open	S.O.S School of Street		CONTACT sos.schoolofstreet@yahoo.co.uk for link	CONTACT sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather	N/A	Colchester
18:45	Carnival Fitness	Open	S.O.S School of Street		LIVE Facebook S.O.S DANCE	LIVE Facebook S.O.S DANCE	Saana - paypal.me/saanateather	N/A	Colchester
19:15 - 20:10	Blockfit: Dance, Combat, HIIT & Stretch	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class beings.	E5 per class paid via BACS: hbbc401708 52440067 Shimmy 'n' Groove Fitness Ltd		Chelmsford

OTHER ONLINE DANCE ACTIVITY

STYLE OF DANCE	AGE	COMPANY/ARTIST	WEBSITE DETAILS	WHERE BASED
Kids dance fun	Tots	Katie O'Halloran	"Tots - Play and Dance". 20 minutes of crazy fun https://youtu.be/b24ue977Wks	Colchester
Kids dance fun	6 - 16 years	Katie O'Halloran	Age 6 -16 Dance combo challenge https://youtu.be/9e-D51ia7_g	Colchester
All styles of dance and gymnastics	All ages	Dance Fusion	www.dancefusionharlow.co.uk	Harlow
Jazzercise	Adults	Jazzercise	jazzercise on demand Facebook page	Braintree (but also nationally and internationally)
Ballet, Commercial, Musical Theatre and Modern	All school ages	Colchester Dance HQ	https://www.facebook.com/colchesterdancehq/	Colchester