DATE AND TIME (24 Hour Clock) Thursday 26 March	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	
Thursday 26 March									
10:00	Funky dance classes	Preschool girls and boys	diddi dance with Becky	www.diddidance.com	Instagram @diddidanceessex	Just join us on Instagram Live		N/A	
Friday 27 March									
10:00	Funky dance classes	Preschool girls and boys	diddi dance with Hannah	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/amliewhitaker	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	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	£5 per class paid via BACS; hsbc 401708	N/A	Chelmsford
				page		before the class begins.			
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	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: hsbc 401708	N/A	Chelms ford
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
				Add Lindsey Shimmy Abbott as a facebook friend Like the		Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link		,	
20:00 - 20:55	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Shimmy 'n' Groove Fitness Itd page	Like the Shimmy 'n' Groove Fitness ltd page	and wait for a 'live' notification approx. 10 mins before the class begins.	52440067 Shimmy 'n' Groove Fitness Ltd	(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 Itd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd 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: hsbc 401708	N/A	Chelmstord
10:30	Carnival Fitness	Open	кто		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
FROM MIDDAY	Choreo with KTO	Open	кто		SUBSCRIBE DANCEWRHKTO	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
					SUBSCRIBE	SUBSCRIBE	Contributions appreciated KT - paypal.me/kto7	N/A	
FROM MIDDAY Wednesday 01 April	Play & Dance age 3+	3+	кто		DANCEWIRHKTO	DANCEWIthKTO			Colchester
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 Itd 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: hsbc 401708	N/A	Chelmsford
					SUBSCRIBE	SUBSCRIBE	Contributions appreciated KT - paypal.me/kto7		
FROM MIDDAY	Age 7+ Choreo with KTO	7+	кто	Add Lindsey Shimmy Abbott as a facebook friend Like the	DANCEWRHKTO	DANCEWITHKTO Links will be posted on Saturday afternoon each	OF any along and the Park Laboratory		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	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 crass paid via BACS: hsbc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
19:00 - 19:55	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Shimmy 'n' Groove Fitness Itd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd page	and wait for a 'live' notification approx. 10 mins before the class begins.	£5 per class paid via BACS: hsbc 401708 52440067 Shimmy 'n' Groove Fitness Ltd		Chelms ford
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	кто		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
FROM MIIDDAY	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 Itd 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: hsbc 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	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.			Cheinsford
18:30	Mash Up Mix	Open	кто		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
19:30 Saturday 04 April	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
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 Itd page	Add Lindsey Shimmy Abbott as a facebook friend	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: hsbc 401708	N/A	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 Itd 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: hsbc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	Freestyle 'bring your own Step' aerobics.	Chelmsford
Sunday 05 April Monday 06 April									
16:45 - 17:15	Street Dance	3 - 6 Years	Essex Dance Exclusive		Instagram @essexdanceexclusive		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 Contributions appreciated KT -	N/A	Kelvedon and Chemsford
18:00	Street Dancercise	Open	кто	Add Lindsev Shimmy Abbott as a	LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO Links will be posted on Saturday afternoon each	paypal.me/kto7	N/A	Colchester
18:00 - 18:55	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	facebook friend Like the	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	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: hsbc 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 Itd 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: hsbc 401708	N/A	Chelmsford
19:45 - 20:30	Street Dance	Adults	Essex Dance Exclusive	Add Lindsey Shimmy Abbott as a	Instagram @essexdanceexclusive	Just join us on Instagram Live Links will be posted on Saturday afternoon each	Pay what you can afford www.paypal.me/amiewhitaker	N/A	Kelvedon and Chrimsford
20:00 - 20:55	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	facebook friend Like the	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.			Chelmsford
Tuesday 07 April 09:15 - 10:10	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey		Add Lindsey Shimmy Abbott as a facebook friend	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: hsbc 401708	N/A	Chelmsford
10:30	Carnival Fitness	Open	кто		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
FROM MIDDAY	Choreo with KTO	Open	кто		SUBSCRIBE DANCEWRHKTO	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	sos.schoolofstreet@yahoo.co.uk for link	Saana - paypal.me/saanateather Contributions appreciated KT -	N/A	Colchester
FROM MIDDAY Wednesday 08 April	Play & Dance age 3+	3+	кто		SUBSCRIBE DANCEWRHKTO		Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
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 Itd 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.		N/A	Chelmsford

Contributions appreciated KT -

FROM MIDDAY	Age 7+ Choreo with KTO	7+	кто		SUBSCRIBE DANCEWIRHKTO	SUBSCRIBE DANCEWIthKTO	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 Itd 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: hsbc 401708	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	Culchester
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 Itd 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: hsbc 401708		Chelmsford
Thursday 09 April									
09:30	Street Dancercise	Open	кто		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Culchester
FROM MIIDDAY	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	Culchester
							Saana - paypal.me/saanateather	N/A	
18:45	Carnival Fitness	Open	S.O.S School of Street		LIVE Facebook S.O.S DANCE	LIVE Facebook S.O.S DANCE			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 Itd 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: hsbc 401708	N/A	Chelmsford
Friday 10 April									
				Add Lindsey Shimmy Abbott as a		Links will be posted on Saturday afternoon each			
12:30 - 13:25	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	facebook friend Like the	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.			Chelmsford
12:30 - 13:25 18:30	Shimmy Sculpt 'n' Strength Mash Up Mix	Adults Open	Shimmy 'n' Groove - Lindsey KTO	facebook friend Like the Shimmy 'n' Groove Fitness Itd	Add Lindsey Shimmy Abbott as a facebook friend	week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	52440067 Shimmy 'n' Groove Fitness Ltd	(mat based) N/A	Chelmstord Culchester
				facebook friend Like the Shimmy 'n' Groove Fitness Itd	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page LiVE Facebook	week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.	52440067 Shimmy 'n' Groove Fitness Ltd Contributions appreciated KT – paypal.me/kto7	(mat based) N/A	
18:30 19:30	Mash Up Mix	Open Open	кто	facebook friend Like the Shimmy 'n' Groove Fitness Itd page Add Lindsey Shimmy Abbott as a facebook friend Like the	Add Lindery Shimmy Abbott as a facebook friend [Like the Shimmy' or Groove Fitness lid page LIVE Facebook DannesWish/TO CONTACT Sos schoolofstreet@yshoo.co.uk for link	week for the week shead. Click to join the link and wait for a "live notification approx. 10 mins before the class begins. LIVE Facebook DanceWebkTO CONTACT CONTA	\$2440067 Shimmy 'n' Groove Fitness Ltd Contributions appreciated KT - paypal me/fato? Saana - paypal.me/saanatesther E5 per class paid via BACS: habc 401708	(mat based) N/A N/A	Colchester
18:30 19:30 Saturday 11 April 08:30 - 09:25	Mash Up Mix Choreo with Sanna	Open Open	KTO S.O.5 School of Street	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness Itd page Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness Itd page Add Lindsey Shimmy Abbott as facebook friend Like the Shimmy in Groove Fitness Itd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy'n' Groove Fitness lid page LIVE Facebook Dance/WinKTO CONTACT Ses schoold/street@yshoo.co.uk for link Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy in' Groove Fitness lid page	week for the week ahead. Click to join the link and wait for a "live onlifeation approx. 10 mins before the class begins. LIVE Facebook DanceWEINTO CONTACT sos Schoolofutered (by whoo .co.uk for link Link will be posted on Saturday afternoon each week for the week shead. Click to join the link and wait for a "live onlifeation approx. 10 mins and wait for a "live onlifeation a	\$2440067 Shimmy 'n' Groove Fitness Ltd Contributions appreciated KT - paypal .me/star Saana - paypall.me/saanateather E5 per class paid via BACS: hsbc 401708 \$2440067 Shimmy 'n' Groove Fitness Ltd E5 per class paid via BACS: hsbc 401708	(mat based) N/A N/A N/A Freestyle 'Ering your own	Colchester
19:30 19:30 Saturday 11 April 08:30 - 09:25	Mash Up Mix Choreo with Saana Blockfit: Dance, Combat, Hill & Stretch	Open Open Adults	KTO S.O.S School of Street Shimmy 'n' Groove - Lindsey	facebook friend Like the Shimmy in Groove Fitness Itd page Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness Itd page Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness Itd page Shimmy in Groove Fitness Itd facebook friend Like the Shimmy in Groove Fitness Itd	Add Underly Shimmy Abbott as a facebook friend [Like the Shimmy's' Groove Fitness lid page LINE Facebook DanceWith\tTO CONTACT and Sudodofritreet@yahoo.co.uk for line Add Undery Shimmy 's' Groove Fitness lid page Add Undery Shimmy 's' Groove Fitness lid page Add Undery Shimmy 's' Groove Fitness lid page Add Undery Shimmy 's' Groove Fitness lid page	week for the week ahead. Click to join the link and wait for a "live onlifeation approx. 10 mins before the class begins. LIVE Facebook DanceWhiNTO CONTACT sos schoololistreet@yahoo.co.uk for link Links will be posted on Saturday afternoon each week for the week hand. Click to join the link and wait for a "live onlifeation approx. 10 mins before the class begins. Links will be posted on Saturday afternoon each week for the week shead. Click to join the link Links will be posted on Saturday afternoon each week for the week shead. Click to join the link Links will be posted on Saturday afternoon each week for the week shead. Click to join the link wait for a "live onlifeation approx. 10 mins week for the week shead. Click to join the link and wait for a "live onlifeation approx. 10 mins and wait for a "live onlifeation approx. 10 mins and wait for a "live onlifeation approx. 10 mins and wait for a "live onlifeation approx. 10 mins and wait for a "live onlifeation approx. 10 mins and wait for a "live onlifeation approx. 10 mins and wait for a "live onlifeation approx. 10 mins and wait for a "live onlifeation approx. 10 mins and live onlifeation approx. 10 mins and live online on the live on the links and live on	\$2440067 Shimmy 'n' Groove Fitness Ltd Contributions appreciated KT - paypal .me/star Saana - paypall.me/saanateather E5 per class paid via BACS: hsbc 401708 \$2440067 Shimmy 'n' Groove Fitness Ltd E5 per class paid via BACS: hsbc 401708	(mat based) N/A N/A N/A Freestyle 'Ering your own	Colchester Colchester Chelmsford

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	кто		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 Itd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd 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: hsbc 401708	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 Itd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd 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: hsbc 401708	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 Tuesday 14 April	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd 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: hsbc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)	Chelmsford
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 Itd 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: hsbc 401708	N/A	Chelmsford
10:30	Carnival Fitness	Open	кто		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7 Contributions appreciated KT -	N/A	Colchester
FROM MIDDAY	Choreo with KTO	Open	кто		SUBSCRIBE DANCEWIRHKTO	SUBSCRIBE DANCEWITHKTO	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 Wednesday 15 April	Play & Dance age 3+	3+	кто		SUBSCRIBE DANCEWIRHKTO		Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
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 Itd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd 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: hsbc 401708	N/A	Chelmsford
FROM MIDDAY	Age 7+ Choreo with KTO	7+	кто		SUBSCRIBE DANCEWIRHKTO		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 Itd 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: hsbc 401708	N/A	Chelms ford
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	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: hsbc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	Whole body conditioning (mat based)	Chelmstord
Thursday 16 April									
09:30	Street Dancercise	Open	кто		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Cobhester
FROM MIIDDAY	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	Cobhester
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 Friday 17 April	Blockfit: Dance, Combat, HIIT & Stretch	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd 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: hsbc 401708		Chelmsford
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	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: hsbc 401708	Whole body conditioning (mat based)	Chelmsford
18:30	Mash Up Mix	Open	кто		LIVE Facebook DanceWithKTO		Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
19:30 Saturday 18 April	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
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 Itd 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: hsbc 401708		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 Itd 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: hsbc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	Freestyle 'bring your own Step' aerobics.	Chémsford
Sunday 19 April Monday 20 April									

Pay what you can afford www.paypal.me/amiewhitaker

16:45 - 17:15

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	кто		LIVE Facebook DanceWithKTO		Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
				Add Lindsey Shimmy Abbott as a facebook friend Like the		Links will be posted on Saturday afternoon each week for the week ahead. Click to join the link	£5 per class paid via BACS: hsbc 401708	N/A	
18:00 - 18:55	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	Shimmy 'n' Groove Fitness Itd page	Like the Shimmy 'n' Groove Fitness ltd page	and wait for a 'live' notification approx. 10 mins before the class begins.	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	Links will be posted on Saturday afternoon each week for the week aftead. Click to join the link and wait for a 'live' notification approx. 10 mins before the class begins.		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 Itd	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd 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	£5 per class paid via BACS: hsbc 401708 \$2440067 Shimmy 'n' Grosse Fitness Ltd	Whole body conditioning (mat based)	Chelmsford
Tuesday 21 April				page		before the class begins.		(
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 Itd 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: hsbc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	N/A	Chelmsford
					LIVE Facebook	LIVE Facebook	Contributions appreciated KT - paypal.me/kto7		
10:30	Carnival Fitness	Open	кто		DanceWithKTO	DanceWithKTO	Contributions appreciated KT -	N/A	Colchester
FROM MIDDAY	Choreo with KTO	Open	кто		SUBSCRIBE DANCEWithKTO	SUBSCRIBE DANCEWIthKTO	paypal.me/kto7	N/A	Colchester
					CONTACT sos.schoolofstreet@yahoo.co.uk	CONTACT sos.schoolofstreet@yahoo.co.uk	Saana - paypal.me/saanateather		
FROM MIDDAY	Choreo with Saana	Open	S.O.S School of street		for link	for link	Contributions appreciated KT -	N/A	Colchester
FROM MIDDAY	Play & Dance age 3+	3+	кто		SUBSCRIBE DANCEWRHKTO	SUBSCRIBE DANCEWITHKTO	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	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: hsbc 401708	N/A	Chelmsford
					SUBSCRIBE	SUBSCRIBE	Contributions appreciated KT - paypal.me/kto7		
FROM MIDDAY	Age 7+ Choreo with KTO	7+	кто	Add Lindsey Shimmy Abbott as a	DANCEWithKTO	DANCEWithKTO Links will be posted on Saturday afternoon each			Colchester
18:00 - 18:55	Dance Inspired Aerobics	Adults	Shimmy 'n' Groove - Lindsey	facebook friend Like the Shimmy 'n' Groove Fitness Itd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd page	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: hsbc 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	Cukhester
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 Itd page	Add Lindsey Shimmy Abbott as a facebook friend	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: hsbc 401708	Whole body conditioning (mat based)	Chelmsford
Thursday 23 April									
09:30	Street Dancercise	Open	кто		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
FROM MIIDDAY	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	Coichester
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	Shimmy 'n' Groove Fitness Itd	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.			Chelmsford
Friday 24 April				page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd page	Links will be posted on Saturday afternoon each			

18:30	Mash Up Mix	Open	кто		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	paypal.me/kto7		Colchester
19:30 Saturday 25 April	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
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 Itd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd 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: hsbc 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 Itd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd 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: hsbc 401708 52440067 Shimmy 'n' Groove Fitness Ltd	Freestyle 'bring your own Step' aerobics.	Cheimsford
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	кто		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	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	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: hsbc 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 Itd page	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd 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: hsbc 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	Coichester
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
19:45 - 20:30 20:00 - 20:55	Street Dance Shimmy Sculpt 'n' Strength	Adults Adults	Essex Dance Exclusive Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd 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.	www.paypal.me/amiewhitaker £5 per class paid via BACS: hsbc 401708	Whole body conditioning	Kelvedon and Chelmsford Chelmsford
				facebook friend Like the Shimmy 'n' Groove Fitness Itd page Add Lindsey Shimmy Abbott as a facebook friend Like the	a 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	www.paypal.me/amiewhitaker E5 per class paid via BACS: hsbc 401708 52440067 Shimmy 'n' Groove Fitness Ltd E5 per class paid via BACS: hsbc 401708	Whole body conditioning	
20:00 - 20:55 Tuesday 28 April	Shimmy Sculpt 'n' Strength	Adults	Shimmy 'n' Groove - Lindsey	facebook friend Like the Shimmy 'n' Groove Fitness Itd page Add Lindsey Shimmy Abbott as facebook friend Like the Shimmy 'n' Groove Fitness Itd	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness Itd page Add Lindsey Shimmy Abbott as a facebook friend	Links will be posted on Saturday afternoon each week for the week shade. Click to join the link and water for whore fact and water for a "worffeation approx. 10 mins before the class beings. Links will be posted on Saturday afternoon each week for the week shaded. Click to join the falk and water for a "worffeation approx. 10 mins before the class beings.	www.paypal.me/amiewhitaker E5 per class paid via BACS: hsbc 401708 52440067 Shimmy 'n' Groove Fitness Ltd E5 per class paid via BACS: hsbc 401708	Whole body conditioning (mat based)	Chelmsford
20:00 - 20:55 Tuesday 28 April 09:15 - 10:10	Shimmy Sculpt 'n' Strength Dance Inspired Aerobics	Adults Adults	Shimmy 'n' Groove - Lindsey Shimmy 'n' Groove - Lindsey	facebook friend Like the Shimmy 'n' Groove Fitness Itd page Add Lindsey Shimmy Abbott as facebook friend Like the Shimmy 'n' Groove Fitness Itd	Add lindery Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page Add Lindery Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page Live Facebook LIVE Facebook	Links will be posted on Saturday afternoon each week for the week shead. Click to join the link and wall for a live notification approx. 30 mins before the class beings. Links will be posted on Saturday afternoon each week for the week shead. Click to join the link and wall for a "live" notification approx. 30 mins before the class beings. LIVE Facebook. DanceWithNTO	www.parpal.me/amiewhtaker ES per class paid via BACS: hubc 401708 52440067 Shimmy 'n' Groove Fitness Ltd ES per class paid via BACS: hubc 401708 52440067 Shimmy 'n' Groove Fitness Ltd Contributions appreciated KT -	Whole body conditioning (mat based)	Chelmsford Chelmsford
20:00 - 20:55 Tuesday 28 April 09:15 - 10:10	Shimmy Sculpt 'n' Strength Dance Inspired Aerobics Carnival Fitness	Adults Adults	Shimmy in' Groove - Lindsey Shimmy in' Groove - Lindsey KTO	facebook friend Like the Shimmy 'n' Groove Fitness Itd page Add Lindsey Shimmy Abbott as facebook friend Like the Shimmy 'n' Groove Fitness Itd	Add Lindery Shimmy Abbott as a facebook friend Like the Shimmy in 'Groove Fitness Ind page Add Lindery Shimmy Abbott as a facebook friend Like the Shimmy in' Groove Fitness Ind page LIVE Facebook DanceWithNTO SUBSCHIE	Links will be posted on Saturday afternoon each week for the week shade. Click to join the link and wat for a live notification approx. 10 mins before the class beings. Links will be posted on Saturday afternoon each week for the week shade. Click to join the link and wait for a "live" notification approx. 10 mins before the class beings. LIVE Facebook DanceWithATO SUBSCRIBE DANCEWITHATO CONTACT CONTACT CONTACT CONTACT CONTACT CONTACT SONS SCHOOldStreet@yathoo.co.uk for link	www.gaypal.me/amewhitaker 65 per class paid via BACS: Nobc 401708 52440067 Shimmy 'n' Groove Fitness Ltd 65 per class paid via BACS: Nobc 401708 52440067 Shimmy 'n' Groove Fitness Ltd 65 per class paid via BACS: Nobc 401708 52440067 Shimmy 'n' Groove Fitness Ltd Contributions appreciated KT - paypal.me/kto7 Contributions appreciated KT - paypal.me/kto7 Saana - paypal.me/kso	Whole body conditioning (mart based) N/A	Chelmsford Chelmsford Colchester
20:00 - 20:55 Tuesday 28 April 09:15 - 10:10 10:30 FROM MIDDAY	Shimmy Sculpt 'n' Strength Dance Inspired Aerobics Carnival Fitness Choreo with KTO Choreo with Saana	Adults Adults Open Open	Shimmy 'n' Groove - Lindsey Shimmy 'n' Groove - Lindsey KTO KTO S.O.5 School of street	facebook friend Like the Shimmy 'n' Groove Fitness Itd page Add Lindsey Shimmy Abbott as facebook friend Like the Shimmy 'n' Groove Fitness Itd	Add Lindery Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness lid page Add Lindery Shimmy in Groove Fitness lid page Live Facebook DanceWithNTO SUBSCRIBE DANCEWIGHTO SUBSCRIBE	Links will be posted on Saturday afternoon each week for the week shad. Click to join the link and walf for a "live" notification approx. 10 mins before the class beings. Links will be posted on Saturday afternoon each week for the week shad. Click to join the link and walf for a "live" notification approx. 10 mins before the class beings. LIVE Facebook DanceWithHTO SUBSCRIBE DANCEWITHTO	www.gaypal.me/ame/whitaker E5 per class paid via BACS: Nobe-001708 S2440067 Shimmy 'n' Groove Fitness Ltd E5 per class paid via BACS: Nobe-001708 S2440067 Shimmy 'n' Groove Fitness Ltd Contributions appreciated KT - paypal me/kto7 Contributions appreciated KT - paypal me/kto7	Whole body conditioning (mat based) N/A N/A N/A	Chelmsford Colchester Colchester
20:00 - 20:55 Tuesday 28 April 09:15 - 10:10 10:30 FROM MIDDAY	Shimmy Sculpt 'n' Strength Dance Inspired Aerobics Carnival Fitness Choreo with KTO	Adults Adults Open	Shimmy in Groove - Lindsey Shimmy in Groove - Lindsey KTO	facebook friend Like the Shimmy in' Groove Fitness Ind page Add Lindess Page Add Li	Add Lindery Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness Ind page Add Lindery Shimmy in Groove Fitness Ind page Like the Shimmy in Groove Fitness Ind page LIVE Facebook DanceWithNTO SUBSCRIBE DANCEWIGHTO SUBSCRIBE DANCEWIGHTO SUBSCRIBE DANCEWIGHTO SUBSCRIBE DANCEWIGHTO SUBSCRIBE DANCEWIGHTO SUBSCRIBE DANCEWIGHTO	Links will be posted on Saturday afternoon each week for the week shoad. Click to join the link and walf for a "live notification approx. 10 mins before the class beings. Links will be posted on Saturday afternoon each week for the week and. Click to join the links and walf for a "live" notification approx. 10 mins before the class beings. LIVE Facebook DanceWithNTO SUBSCRIBE DANCEWITHNTO CONTACT sos.acholoidstreet@yahoo.co.uk for link	www.gaypal.me/amewhitaker £5 per class paid via BACS: hobc 401708 52440067 Shimmy vir Groove Fitness Ltd £5 per class paid via BACS: hobc 401708 52440067 Shimmy vir Groove Fitness Ltd Contributions appreciated KT - paypal.me/kso7 Saana - paypal.me/ssanateather Contributions appreciated KT -	Whole body conditioning (mat based) N/A N/A N/A	Chelmsford Colchester Colchester
20:00 - 20:55 Tuesday 28 April 09:15 - 10:10 10:30 FROM MIDDAY FROM MIDDAY	Shimmy Sculpt 'n' Strength Dance Inspired Aerobics Carnival Fitness Choreo with KTO Choreo with Saana	Adults Adults Open Open	Shimmy 'n' Groove - Lindsey Shimmy 'n' Groove - Lindsey KTO KTO S.O.5 School of street	facebook friend Like the Shimmy in Groove Fitness Ind page Add Lindsey Shimm yabbott as facebook friend Like the Shimmy in Groove Fitness Ind page Add Lindsey Shimmy Abbott as facebook friend Like the Shimmy in Groove Fitness Ind page	Add Lindery Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness Ind page Add Lindery Shimmy in Groove Fitness Ind page Like the Shimmy in Groove Fitness Ind page LIVE Facebook DanceWithNTO SUBSCRIBE DANCEWIGHTO SUBSCRIBE DANCEWIGHTO SUBSCRIBE DANCEWIGHTO SUBSCRIBE DANCEWIGHTO SUBSCRIBE DANCEWIGHTO SUBSCRIBE DANCEWIGHTO	Links will be posted on Saturday afternoon each week for the week shad. Click to join the link and walf for a "live" notification approx. 10 mins before the class beings. Links will be posted on Saturday afternoon each week for the week shad. Click to join the link and walf for a "live" notification approx. 10 mins before the class beings. LIVE Facebook DanceWithHTO SUBSCRIBE DANCEWITHTO	www.gaypal.me/amewhitaker E5 per class paid via BACS. habc 401708 52440067 Shimmy 'n' Groove Fitness Ltd E5 per class paid via BACS. habc 401708 52440067 Shimmy 'n' Groove Fitness Ltd Contributions appreciated KT - paypal.me/kts7	Whole body canditioning (nat based) N/A N/A N/A N/A	Chelmsford Colchester Colchester
20:00 - 20:55 Tuesday 28 April 09:15 - 10:10 10:30 FROM MIDDAY FROM MIDDAY Vectors day 29 April	Shimmy Soulpt in' Strength Dance Inspired Aerobics Carnival Fitness Choreo with KTO Choreo with Sana Play & Dance age 3+ Shimmy Crocuts Body Weight Strenght	Adults Adults Open Open Open	Shimmy in Groove - Lindsey Shimmy in Groove - Lindsey KTO KTO S.O.5 School of street	facebook friend Like the Shimmy in' Groove Fitness Itd page Add Lindsey Shimmy Abbott as, facebook friend Like the Shimmy in' Groove Fitness Itd page Add Lindsey Shimmy Abbott as, facebook friend Like the Shimmy in' Groove Fitness Itd page Add Lindsey Shimmy Abbott as, facebook friend Like the Shimmy in' Groove Fitness Itd page Add Lindsey Shimmy Abbott as, Add Lindsey Shimmy	And Lindsey Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness lid page Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness lid page LINE Facebook DancovinishTO SUBSCRBE DANCEVENNTO CONTACT sos schools/freet@yahoo.co.uk for link SUBSCRBE DANCEVENNTO Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness lid page SUBSCRBE DANCEVENNTO SUBSCRBE DANCEVENNTO SUBSCRBE DANCEVENNTO SUBSCRBE DANCEVENNTO SUBSCRBE DANCEVENNTO SUBSCRBE DANCEVENNTO SUBSCRBE DANCEVENNTO	Links will be posted on Saturday afternoon each week for the week shead. Click to join the link and wall for a "live" notification approx. 20 mins before the class beings. Links will be posted on Saturday afternoon each week for the week shead. Click to join the link and wall for a "live" notification approx. 20 mins before the class beings. LIVE Facebook DANCEWINHATO SUBSCRIBE DANCEWINHATO Links will be posted on Saturday afternoon each week for the week shead. Click to join the link and wall for links will be posted on Saturday afternoon each week for the week shead. Click to join the link and wall for a "live" notification approx. 20 mins before the class beings.	www.gaypal.me/amewhitaker £5 per class paid via BACS: hubc 401708 52440067 Shimmy vi Groove Fitness Ltd £5 per class paid via BACS: hubc 401708 52440067 Shimmy vi Groove Fitness Ltd Contributions appreciated KT- paryal.me/kto7 Saana - paypal.me/saanateather Contributions appreciated KT- paypal.me/kto7 £5 per class paid via BACS: hubc 401708 52440067 Shimmy vi Groove Fitness Ltd Contributions appreciated KT- paypal.me/kto7 £5 per class paid via BACS: hubc 401708 52440067 Shimmy vi Groove Fitness Ltd Contributions appreciated KT- paypal.me/kto7	Whole body canditioning (nat based) N/A N/A N/A N/A	Cheimsford Colchester Colchester Colchester
20:00 - 20:55 Tuesday 28 April 09:15 - 10:10 10:30 FROM MIDDAY FROM MIDDAY Wednesday 29 April 09:15 - 10:10	Olarce Inspired Aerobics Carnival Fitness Choreo with KTO Choreo with Saana Play & Dance age 3+ Shimmy Circuits Body Weight Strenght and Aplity	Adults Open Open Open Adults Adults	Shimmy in Groove - Lindsey Shimmy in Groove - Lindsey KTO S.O.5 School of street KTO Shimmy in Groove - Lindsey	facebook friend Like the Shimmy nor Groove Fitness Ind page Add Lindsey Shimmy Abbott as facebook friend Like the Shimmy nor Groove Fitness Ind page Add Lindsey Shimmy Abbott as facebook friend Like the Shimmy nor Groove Fitness Ind page Add Lindsey Shimmy Abbott as facebook friend Like the Shimmy nor Groove Fitness Ind page Add Lindsey Shimmy Abbott as facebook friend Like the Shimmy nor Groove Fitness Ind page Add Lindsey Shimmy Abbott as facebook friend Like the Shimmy nor Groove Fitness Ind page Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Like the Indiana Add Lindsey Shimmy Abbott as facebook friend Add Linds	Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness lid page Add Lindsey Shimmy Arbbott as a facebook friend Like the Shimmy in Groove Fitness lid page LIVE Facebook DanceWithNTO SUBSCRIBE DANCEWIGHTO SUBSCRIBE DANCEWIGHTO Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness lid page SUBSCRIBE DANCEWIGHTO Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy in Groove Fitness lid page SUBSCRIBE DANCEWIGHTO	Links will be posted on Saturday afternoon each week for the week shed. Click to join the link and wat for a "live" notification approx. 3.0 mins before the class beings. Links will be posted on Saturday afternoon each week for the week shed. Click to join the link and wat for a "live" notification approx. 3.0 mins before the class beings. LINE SATEDON DATE: The Control of the	www.gaypal.me/amewhitaker E5 per class paid via BACS: Nobc 401708 52440067 Shimmy 'n' Groove Fitness Ltd E5 per class paid via BACS: Nobc 401708 52440067 Shimmy 'n' Groove Fitness Ltd Contributions appreciated KT - paypal.me/kto7 Contributions appreciated KT - paypal.me/kto7 Contributions appreciated KT - paypal.me/kto7 E5 per class paid via BACS: Nobc 401708 52440067 Shimmy 'n' Groove Fitness Ltd Contributions appreciated KT - paypal.me/kto7 E5 per class paid via BACS: Nobc 401708 Contributions appreciated KT - paypal.me/kto7	Whole body conditioning (mat based) N/A N/A N/A N/A N/A	Cheimsford Colchester Colchester Colchester Colchester

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	and complete an online form you will then be		N/A	Colchester
Thursday 30 April									
09:30	Street Dancercise	Open	кто		LIVE Facebook DanceWithKTO	LIVE Facebook DanceWithKTO	Contributions appreciated KT - paypal.me/kto7	N/A	Colchester
FROM MIIDDAY	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
							Saana - paypal.me/saanateather	N/A	
18:45	Carnival Fitness	Open	S.O.S School of Street		LIVE Facebook S.O.S DANCE	LIVE Facebook S.O.S DANCE			Colchester
19:15 - 20:10	Blockfit: Dance, Combat, HIIT & Stretch	Adults	Shimmy 'n' Groove - Lindsey	Add Lindsey Shimmy Abbott as facebook friend Like the Shimmy 'n' Groove Fitness Itd page	a Add Lindsey Shimmy Abbott as a facebook friend Like the Shimmy 'n' Groove Fitness ltd page	Links will be posted on Saturday afternoon ead week for the week ahead. Click to join the link and wait for a 'live' notification approx. 10 min before the class beings.	£5 per class paid via BACS: hsbc 401708		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/b24ugP7Wcks	Colchester
Kids dance fun	6 - 16 years	Katie O'Halloran	Age 6 -16 Dance combo challenge https://youtu.be/Xo D51ta7 o	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