

TIMETABLE LEEDS 2026/27

All classes suitable for Parkinson's and other neurological conditions

MONDAYS

11.00am - 12.00pm

ALL DANCE Over 50's ●

Crank Studios, 1 Beryl Burton Gardens,
Morley, Leeds LS27 9FN***



TUESDAYS

12.15 - 1.00pm

ALL DANCE Over 50's ●

Online via Zoom or in-person at
Leeds Rhinos Community Hub*



1.30 - 2.30pm

FUSE ●

Leeds Rhinos Community Hub,
Headingley Stadium, 85 St. Michael's Lane,
Headingley, Leeds LS6 3BR**



WEDNESDAYS

2.00 - 3.15pm

ALL DANCE Ballet ●

Lidgett Park Methodist Church,
Lidgett Pl, Roundhay LS8 1HG****



THURSDAYS

10.00 - 11.00am

ALL DANCE Over 50's ●

New Wortley Community Centre,
40 Tong Rd, Armley, Leeds LS12 1LZ*



FRIDAYS

10.00 - 11.00am

ALL DANCE Parkinson's ●

St. Chad's Parish Centre, Otley Road,
Headingley, Leeds LS16 5JT***



11.30am - 12.45pm

FUSE ●

St. Chad's Parish Centre, Otley Road,
Headingley, Leeds LS16 5JT**



* Donation class - pay as you feel

** Subscription only

*** Pay as you go £7 per class. Term subs £70 (1 class) / £80 (2 classes + / FUSE members)

**** Pay as you go £10 per class (includes a cuppa). Term subs £100 (11 weeks)

Low intensity ●

Medium intensity ●

We would love you to join us!
Please register online,
email or call to book

07933 685359
classes@ascendance.org.uk
ascendance.org.uk/register



ASCENDANCE.ORG.UK