

**PARTIES**

Thursday **NOMAD // 58 Old Street, EC1V 9AJ // 21:00 - 01:00**  
 Friday **LimeHouse Town Hall // 646 Commercial Road, E14 7HA // 21:00 - 04:00**  
 Saturday **LimeHouse Town Hall // 646 Commercial Road, E14 7HA // 21:00 - 04:00**  
 Sunday **Hoxton Basement // 12-18 Hoxton Street, N1 6NG // 21:00 - 06:00**

**CLASSES**

St. Luke's Community Centre // 90 Central Street EC1V 8AJ

**Friday**

11:50-12:20

*Welcome and Registration*

12:20-12:30

*Class Intros*

12:30-13:30

Andrew  
The Zen of Blues Movement

Flouer  
Struttin' part 1

13:40-14:00

*Skit + Class Intros*

14:00-15:00

Flouer  
Straight Lines or Curved Lines?

Catherine  
Blues Roots - Danza

Andrew  
Groove Me

15:00-16:00

*Lunch*

16:00-16:15

*Class Intros (plus care team announcement)*

16:15-17:15

Catherine  
Hey Rumba!

Nicole  
Fusicality

Annette & Eran (T&SB)  
From Idea to Exercise: Building Class Content

17:25-17:45

*Skit + Class Intros*

17:45-18:45

Vera  
Imagery & self-care

Annette & Eran (Adv)  
Ravishing Rhythms

Catherine  
Keys

**Saturday**

12:20-12:30

*Class Intros*

12:30-13:30

Nicole  
Lyrical Aesthetic

Catherine  
Flow

Vera  
Flexible spines

Andrew  
Dancer Bootcamp

13:30-13:40

*Skit + Class Intros*

13:40-14:40

Andrew (Adv)  
Rhythmic Delights

Nicole  
The Shape of Switching

Flouer (Adv)  
Struttin' part 2

Catherine  
Afro-Contemporary

14:40-15:40

*Lunch*

15:40-15:50

*Class Intros*

15:50-16:50

Samuel Skill Share  
Pushing hands

Annette & Eran  
Welcome to the Blues Theatre!

Yaron  
Women in Blues

Nicole (T&SB)  
Build Your Best Beginner Class

16:50-17:00

*Skit + Class Intros*

17:00-18:00

Flouer  
Footwork for Modern Country Blues

Andrew  
Isolations

Annette & Eran  
Gospel Blues

Catherine  
Blues Roots - Sabar

**Sunday**

12:20-12:30

*Class Intros*

12:30-13:30

Annette & Eran  
Building it up with the Drama Llama

Flouer (Adv)  
Connecting Your Solo Vocabulary part 1

Catherine  
Blues Roots - Lamba

Nicole  
QoM – Balance and Centering

13:30-13:40

*Skit + Class Intros*

13:40-14:40

Andrew (T&SB)  
Public Speaking

Flouer (Adv)  
Connecting Your Solo Vocabulary part 2

Annette & Eran  
Anyway You Wanna Let It Roll

Nicole  
QoM – Ease of Movement

14:40-15:40

*Lunch*

15:40-15:50

*Class Intros*

15:50-16:50

Laura Skill Share  
Kizomba my blues and fusion

Ryan Skill share  
Tappin' into blues

Vera  
Octopus arms

Yaron  
History of Boogie

16:50-17:00

*Skit + Class Intros*

17:00-18:00

Nicole  
QoM – Grounding

Flouer  
Grooving versus Smoothing

Annette & Eran  
Wait For It...

Andrew  
Speaking Volumes With a Whisper