



Class Timetable

7TH EDITION

To apply for one of our KIC Dance classes,
please visit kicdance.co.uk/classes

Monday

9:30-10:15am



Dance A Book | 18mo-3yrs *P&T
@KIC Studios

9:30-10:30am



Dance & Well-being
@KIC Studios

10:30-11:30am



Maija McKerrow Pilates | All Levels
@KIC Studios

11-12 noon



Stronger together, grow together
@KIC Studios

4-4:30pm



Ballet | Pre-Primary
@KIC Studios

4-5pm



Ballet | Grade 4
@KIC Studios

4:30-5pm



Ballet | Primary
@KIC Studios

4:30-6:30pm



Mainstream | Intermediate 2
@Penicuik Centre

5-6pm



Ballet | Grade 1
@KIC Studios

5-6pm



Ballet | Grade 5/6
@KIC Studios

6-7pm



Ballet | Grade 2
@KIC Studios

6-7pm



Progressive Ballet Technique
@KIC Studios

6:30-8:30pm



Mainstream | Advanced
@Penicuik Centre

7-8pm



OG Elite
@KIC Studios

7-8:30pm



Ballet | Intermediate Foundation & Pointe
@KIC Studios

Tuesday

7-8am



Pilates by Ellen | All Levels
@KIC Studios

9:30-10:30am



Physio Led Pilates
@KIC Studios

9:30-10:15am



Post Natal Pilates by Ellen
@KIC Studios

10:30-11:30am



Wellbeing Pilates by Ellen
@KIC Studios

10:45-11:45am



Physio Led Pilates
@KIC Studios

12:30-1:30pm



Pilates by Ellen | All Levels
@KIC Studios

1.15pm - 2.15pm



Sit Fit
@KIC Studios

4:15-5pm



Highland | Beginners
@KIC Studios

5-6pm



Highland | Novice
@KIC Studios

5-6pm



Pipes & Drums
@KIC Studios

6-7pm



Highland | Novice Competition Team
@KIC Studios

6-7pm



Dance Fit
@KIC Studios

7-8pm



Highland | Seniors
@KIC Studios

7:15-8:15pm



Pilates by Ellen
@KIC Studios

8-9pm



Highland | Seniors Competition Team
@KIC Studios

Wednesday

9:30-10:30am



Physio Led Pilates
@KIC Studios

10-10:45am



Baby Massage
@KIC Studios

10.45-11.45am



Men's Physio & Well Being
@KIC Studios

11-12pm



Sling Fit
@KIC Studios

12:15-1:15pm



Adult Ballet
@KIC Studios

1:15-2:15pm



ASN | Adults
@KIC Studios

5-5:45pm



PALS | Juniors
@KIC Studios

6-7pm



Mainstream | Senior 1
@KIC Studios

6-7pm



Mainstream | Elite
@Lasswade Centre

6-7pm



Mainstream | Senior 2
@KIC Studios

7:15-8:15pm



Dance Fit
@KIC Studios

Thursday

9:15-10am



CLAP | Toddlers (from walking)
@KIC Studios

9.15 - 10.15am



Physio Led Pilates
@KIC Studios

10:30-11am



CLAP | Babies (from sitting)
@KIC Studios

10:30-12 noon



Baby Massage
@KIC Studios

12-1pm



Dance & Wellbeing
@KIC Studios

1-2 noon



Stronger together, grow together
@KIC Studios

1:15-2pm



Post Natal Pilates by Ellen
@KIC Studios

3:45-4:30pm



Street | Junior
@KIC Studios

4-5:30pm



UNIT Comp Team
@KIC Studios

4:30-5:30pm



ATOMZ Comp Team
@KIC Studios

4:30-6pm



Lyrical | Advanced/Elite
@Lasswade Centre

5:30-6:30pm



Street | Senior & Intermediate 1
@KIC Studios

6:30-7:30pm



Street | Intermediate 2
@KIC Studios

6:30-7:30pm



Street | Advanced
@KIC Studios

6:45-7:45pm



Lyrical | Senior
@Lasswade Centre

Thursday

7:30-9pm



TITANS Comp Team | Training
@KIC Studios

7:30-9pm



INVICTA Comp Team | Training
@KIC Studios

7:45-9pm



Lyrical | Intermediate
@Lasswade Centre

Friday

9:15-10am



Street Tots | 3-5yrs
@KIC Studios

9.30-10.30



Pilates with Rebecca | Intermediate +
@KIC Studios

10.40-11.40am



Pilates with Rebecca | Improvers +
@KIC Studios

10:15-11:15am



Dance & Wellbeing
@KIC Studios

1-1:45pm



Maintstream | Juniors
@KIC Studios

1:15-2pm



Mainstream | Juniors
@Penicuik Centre

1:30-3:45pm



Musical Theatre
@KIC Studios

2-3pm



Mainstream | Senior 1
@Penicuik Centre

3:45-4:45pm



Highland | Conditioning
@KIC Studios

4:45-5:45pm



Highland | Competition Team
@KIC Studios

3-4pm



Mainstream | Senior 2
@Penicuik Centre

4-5pm



Mainstream | Intermediate 1
@Penicuik Centre

6-7pm



Acro | Senior
@Lasswade Centre

6-7pm



Acro | Elite
@Lasswade Centre

7-8pm



Acro | Advanced
@Lasswade Centre

7-8pm



Acro | Intermediate
@Lasswade Centre

Saturday

9-10am



Mainstream | Senior 1
@Lasswade Centre

9:30-10:15am



Mainstream | Juniors
@KIC Studios

9:30-10:30am



Mainstream | Senior 1
@KIC Studios

10-11am



Mainstream | Intermediate 1
@Lasswade Centre

10:30-11:30am



Mainstream | Senior 2
@KIC Studios

10:30-11:30am



Mainstream | Senior 2
@KIC Studios

11:30-12:15pm



Allstars
@KIC Studios

Sunday

9:30-10am



Ballet Tots | 18mo-3yrs *P&T
@KIC Studios

10-10:30am



Ballet Tots | 18mo-3yrs *P&T
@KIC Studios

10:30-11:15am



Ballet Tots | 3-5yrs
@KIC Studios

2-3pm



Acro | Junior
@KIC Studios

2:15-3pm



Acro Tots | 3-5yrs
@KIC Studios

3-3:45pm



Mainstream | Junior
@KIC Studios

3-4pm



Breaking | Junior
@KIC Studios

4-5pm



Mainstream | Intermediate 1
@KIC Studios

4-5pm



Breaking | Senior
@KIC Studios

4-6pm



Mainstream | Intermediate 2
@Lasswade Centre

5-7pm



Breaking | Advanced
@KIC Studios

5-7pm



Mainstream | Advanced
@KIC Studios

6-7:30pm



Mainstream | Elite
@Glencorse Centre

Booking A Class



To apply for one of our KIC Dance classes, please visit kicdance.co.uk/classes



To book Physio Led Pilates, please email michelle@eskbankphysiotherapy.com



To apply for Pilates with Rebecca, please email rebeccapalmerpilates@gmail.com



To apply for Baby Massage/ Sling Fit, please email karenlittlebabymassage@gmail.com



To book for any of Pilates by Ellen classes, please go to www.pilatesbyellen.co.uk



To book this class, please book via, majamckpilates.bookwhen.com



To book Stronger together, grow together, contact **07731546121**

KIC Dance Birthday Parties

kicdance.co.uk/birthdayparties

KIC Studio Hire

kicdance.co.uk/studios

Let's Talk Coffee

brew! Coffee Bar is now at KIC Studios serving refreshments to studio users and the wider community.

Our Locations

KIC Studios

KIC Studios, Ironmills Road
Dalkeith EH22 1JP

Penicuik Leisure Centre

39A Carlops Rd
Penicuik EH26 9EP

Lasswade Centre

9A Eskdale Drive
Bonnyrigg EH19 2LA

Glencorse Centre

Auchendinny
Penicuik EH26 0QZ

Contact Us

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 kicdance.co.uk