

25 YEARS ON THE GRASSMARKET

AUTUMN CLASSES

14 September -
13 December 2026

DANCE BASE

WELCOME

From our Artistic Director

Whassup Folks!

As I write this, we're on the cusp of summer. Perhaps when you read this, it has reached its height. And when we see you again, it's falling. A world always in motion. So, as we go with the flow and move into autumn, we're launching a brand new K Pop Youth class with the brilliant Natalie Divine. If you're 12–16 (or know someone who is) and want something fun, energetic and with slick, synchronised moves, this is it. We're also welcoming the hugely experienced Jonathan Burnett for a Benesh Notation workshop to help you document your movement and remember sequences. And Bex Hunt joins us with a Contemporary workshop focused on dynamics, presence and building your Confidence in Motion. All this alongside the classes and teachers you already love.

And if you've been enjoying our 25th Anniversary brochure covers by local artist Thea Bryant, good news—the full series is now available in t-shirt form online or via our Front of House team. So, when the sun finally sets on this year, we can still dance with the memories.

Tony Mills,
Artistic Director



Welcome to Dance Base

Whether you're taking your first steps onto the dance floor, looking to rekindle an old passion, or are a professional dancer, there's something for everyone at Dance Base. With inspiring teachers, extraordinary studios and a fun, supportive environment, you can enjoy the many benefits of dance right in the heart of Edinburgh.

25 YEARS ON THE GRASSMARKET

Dance Base

14-16 Grassmarket
Edinburgh
EH1 2JU

dancebase.co.uk
0131 225 5525



ALBA | CHRUTHACHAIL

• EDINBURGH •
THE CITY OF EDINBURGH COUNCIL

Dance Base is a registered charity:
SC022512

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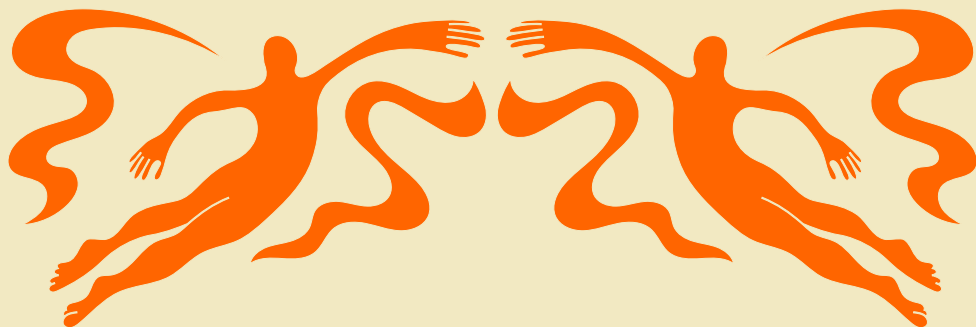
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COURSES & CLASSES

Aerial

Aerial combines circus skills and modern dance, with dancers using silks, hoops and trapeze to climb, swing and suspend in the air.

Aerial Beginners

BEGINNER | 14+ | COURSE

All or Nothing

Monday, 16:45, 90 min

Aerial Improvers

IMPROVER | 14+ | COURSE

All or Nothing

Monday, 18:15, 90 min

Aerial Improvers

IMPROVER | 14+ | COURSE

All or Nothing

Saturday, 15:30, 90 min

Aerial Youth

P3-P7 | 8-10 | COURSE

All or Nothing

Saturday, 13:30, 60 min

Aerial Youth

S1-S6 | 11-16 | COURSE

All or Nothing

Saturday, 14:30, 60 min





Afro Beats

Blending African and Caribbean dance styles with Hip Hop and Dancehall influences—Afro Beats takes its cues from the music style of the same name, full of rhythm and energetic beats.

Afro Beats

ALL LEVELS | 14+ COURSE CLASS

Emanuel Carlos

Friday, 19:05, 60 min

Afro Cuban

The umbrella term for a group of dance styles born from the fusion of Cuba's African, European and Indigenous influences, Afro Cuban dance styles include Rumba, Salsa, Cha Cha and many more.

Afro Cuban

ALL LEVELS | 14+ CLASS

Yamil Cuedo Ferrera

Thursday, 18:55, 60 min

Argentine Tango

A social dance born in Buenos Aires in the late 19th Century, Argentine Tango is known for its poetry, passion and emphasis on improvisation—allowing impromptu movements to emerge in the moment.

Authentic Argentine Tango Beginners

BEGINNER | 14+ COURSE CLASS

Ani Tchakmakdjian

Saturday, 14:45, 90 min

Authentic Argentine Tango Improvers

IMPROVER | 14+ COURSE CLASS

Ani Tchakmakdjian

Saturday, 15:45, 90 min

Authentic Argentine Tango can be booked as an individual or with a partner.

Ballet

Born in the Italian Renaissance, Ballet took many turns across Europe (with some great leaps in France and Russia) before landing on the world's largest stages in its modern, athletic form. Ballet is characterised by its technical precision, elegance and captivating artistry. At Dance Base, our Ballet classes range from classical to modern, beginners to professional—but they are always inclusive. There is a space at the barre for everyone at Dance Base.

Ballet Basics Foundations

FOUNDATION | 14+ COURSE

Kirsty Pollock

Tuesday, 18:30, 60 min

Ballet Basics

ALL LEVELS | 14+ COURSE CLASS

Lucy Lowndes

Thursday, 12:40, 60 min

Ballet Beginners

BEGINNER | 14+ COURSE CLASS

Matthew Hawkins

Thursday, 18:30, 60 min



Ballet Beginners/Improvers

BEGINNER/IMPROVER | 14+ COURSE CLASS

Oran Longmuir

Thursday, 13:45, 60 min

Ballet Beginners/Improvers

BEGINNER/IMPROVER | 14+ COURSE

Jonathan Burnett

Friday, 18:30, 60 min

Ballet Improvers

IMPROVER | 14+ COURSE CLASS

Matthew Hawkins

Tuesday, 19:35, 60 min

Ballet Improvers

IMPROVER | 14+ COURSE CLASS

Jack Anderson

Friday, 13:35, 90 min

Ballet Improvers/ Intermediate

IMPROVER/INTERMEDIATE | 14+ CLASS

Oran Longmuir

Thursday, 11:05, 90 min

Ballet Improvers/ Intermediate

IMPROVER/INTERMEDIATE | 14+ COURSE

Jonathan Burnett

Friday, 19:30, 90 min

Ballet Intermediate

INTERMEDIATE | 14+ CLASS

Benoît Egloff

Wednesday, 19:05, 90 min

Advanced/Professional Ballet

PROFESSIONAL | 16+ CLASS

David Murely & Madeline Squire

Wednesday, 18:20, 90 min

Professional Ballet

PROFESSIONAL | 16+ CLASS

Benoît Egloff

Friday, 10:00, 90 min

Vintage Ballet

ALL LEVELS | 60+ COURSE

Lucy Lowndes

Thursday, 10:00, 60 min

Vintage Ballet

ALL LEVELS | 60+ COURSE CLASS

Jack Anderson

Friday, 12:30, 60 min

Vintage Ballet Improvers

IMPROVER | 60+ COURSE CLASS

Kirsty Pollock

Monday, 10:00, 90 min

Vintage Ballet Improvers

IMPROVER | 60+ COURSE CLASS

Kirsty Pollock

Tuesday, 12:10, 90 min

Ballet Repertoire

IMPROVER / INTERMEDIATE

14+ WORKSHOP

Benoît Egloff

Sat 3 October

13:30, 90min

Ballroom

Ballroom encompasses the many partner dances popularly danced in, well, ballrooms! These include Waltz, Cha Cha, Quickstep, Tango and many, many more.

Ballroom Beginners

BEGINNER | 14+ COURSE

Chris Malone

Monday, 18:55, 60 min

Ballroom Improvers

IMPROVER | 14+ COURSE

Chris Malone

Monday, 20:00, 60 min

Ballroom Intermediate

INTERMEDIATE | 14+ COURSE

Chris Malone

Wednesday, 19:30, 90 min

Social Ballroom Improvers

IMPROVER | 14+ COURSE

Marina Delicata

Friday, 18:25, 60 min

Social Ballroom Intermediate

INTERMEDIATE | 14+ COURSE

Marina Delicata

Friday, 19:30, 90 min

Social Ballroom Workshop Series

IMPROVER | 14+ WORKSHOP

with Marina Delicata

20 Sept, 18 Oct, 22 Nov

10:00, 90 min

Ballroom and Social Ballroom courses must be booked with a partner.

Belly Dance

A Middle-Eastern style known for fluid hip movements, torso isolations, and graceful arm work, Belly Dance emphasises musicality, expression and refined technique.

Belly Dance

ALL LEVELS | 14+ COURSE CLASS

Moyra Banks

Wednesday, 17:55, 60 min



Bollywood

Fusing the expressive beauty of Indian dance styles like Folk, Kathak and Bhangra with the flair of Hip Hop, Belly Dance and other modern genres, Bollywood dance is colourful, energetic, and full of life—because when it comes to Bollywood, there are no rules!

Bollywood

ALL LEVELS | 14+ COURSE CLASS

Rajani Ravikumar

Monday, 17:45, 60 min



Burlesque

With its origins in Music Hall, Cabaret, Fan Dancing and Strip Tease, Burlesque is a witty, saucy dance style brimming with character and style.

Burlesque Beginners/Improvers

BEGINNER/IMPROVER | 16+ COURSE

Academy of Burlesque and Cabaret
Tuesday, 19:20, 60 min

Burlesque Intermediate

INTERMEDIATE | 16+ COURSE

Academy of Burlesque and Cabaret
Monday, 20:00, 60 min

Commercial

In short: the kind of dance you see in a music video. Commercial combines Hip Hop, Jazz and more to create a flashy, energetic style made to be *seen*. Commercial is all about confidence, swag and bringing that fire!

Commercial Beginners

BEGINNER | 14+ COURSE

Jo Richards
Thursday, 18:15, 60 min

Commercial Improvers

IMPROVER | 14+ COURSE CLASS

Jo Richards
Thursday, 19:15, 90 min

Commercial Jazz

An energising fusion of Commercial and Jazz technique.

Commercial Jazz

IMPROVERS | 14+ COURSE CLASS

Jo Richards
Saturday, 13:10, 90 min



Contemporary

Originally a modern response to Ballet, Contemporary is a global dance movement that incorporates a wide range of styles and practices. It is characterised by its use of space, floorwork, breath and creative expression.

Gentle Contemporary

ALL LEVELS | 14+ COURSE CLASS

Matthew Hawkins

Thursday, 14:50, 60 min

Contemporary Beginners

BEGINNER | 14+ COURSE CLASS

Alan Greig

Wednesday, 17:50, 60 min

Contemporary Improvers

IMPROVER | 14+ COURSE CLASS

Alan Greig

Friday, 17:30, 90 min

Contemporary Intermediate

INTERMEDIATE | 14+ COURSE CLASS

Bex Hunt

Thursday, 19:25, 90 min

Advanced/Professional Contemporary

ADVANCED/PROFESSIONAL | 16+ CLASS

Tess Letham & Guest Teachers

Tuesday, 18:25, 90 min

Professional Contemporary

PROFESSIONAL | 16+ CLASS

Guest Teachers

Monday, 10:00-11:30, 90 min

Professional Contemporary

PROFESSIONAL | 16+ CLASS

Guest Teachers

Saturday, 13:15, 90 min

Vintage Contemporary Improver

IMPROVER | 60+ COURSE CLASS

Bridie Gane

Monday, 11:45, 60 min

Confidence in Motion - Contemporary Workshop

IMPROVER / INTERMEDIATE | 14+ WORKSHOP

Bex Hunt

Sun 18 October

14:00, 120 min



Cuban Salsa

Cuban Salsa combines African rhythms and dances with Spanish colonial music to produce a vibrant social dance style characterised by intricate footwork and fluid movements.

Cuban Salsa

ALL LEVELS | 14+ COURSE CLASS

Yamil Cuedo Ferrera

Thursday, 20:00, 60 min



Dance for Parkinson's

Movement and exercise classes for people living with Parkinson's, their carers and families. These classes are led by trained dance artists and accompanied by live music.

Dance for Parkinson's

ALL LEVELS | 18+ COURSE CLASS

Jen Cunningham

Wednesday, 11:30, 120 min, including social cafe

Dance Makers

A lecture series exploring and discussing the works of choreographers past, present and future across the genres.

Dance Makers Lecture Series

ALL LEVELS | 14+ COURSE CLASS

Agnes Ness

Friday, 11:30, 90 min

Feel Good Dance

Move your body in a fun, energising space—these classes support your fitness and wellbeing.

Dance Workout

ALL LEVELS | 14+ COURSE CLASS

Pirita Tuisku & Guest Teachers

Monday, 17:30, 60 min

Latin Fitness

ALL LEVELS | 14+ COURSE CLASS

Yamil Cuedo Ferrera

Friday, 11:45, 60 min

Musical Madness

ALL LEVELS | 14+ COURSE CLASS

Chris Stuart Wilson

Wednesday, 17:20, 60 min

Retro Dance Party

ALL LEVELS | 14+ COURSE CLASS

Chris Stuart Wilson

Wednesday, 18:25, 60 min

Vintage Latin Movers

ALL LEVELS | 60+ CLASS

Yamil Cuedo Ferrera

Monday, 11:35, 60 min

Flamenco

Originating in the Gitano (or Romani) communities of Spain's Andalusia region, Flamenco combines percussive footwork and expressive arm movements, all set to traditional music.

Flamenco Beginners

BEGINNER | 14+ COURSE

Adela Ramos

Thursday, 17:25, 60 min

Flamenco Workshop Series

IMPROVER | 14+ WORKSHOP

Adela Ramos

20 Sept, 18 Oct*, 22 Nov

14:30 [*11:45], 90min



Heels

In short: dancing in heels. Fusing Jazz, Commercial, Funk and more, Heels is fluid, sensuous and performance focussed.

Heels Beginners

BEGINNER | 16+ COURSE CLASS

Lorna Brown Dance Co.

Tuesday, 17:20, 60 min

Heels Improvers

IMPROVER | 16+ COURSE CLASS

Lorna Brown Dance Co.

Thursday, 19:35, 90 min

Highland

Originating in the Highlands of Scotland, this competitive, solo dance style combines athletic footwork and graceful arm movements showcasing strength and precision.

Highland Improvers

IMPROVER | 14+ COURSE

Veronica Jackson

Monday, 18:35, 60 min

Hip Hop

Emerging in 1970s New York, Hip Hop is defined by foundational moves such as bounces, rocking, isolations, steps, kicks and gestures, combined to form different Hip Hop grooves (e.g. Biz Markie, Cabbage Patch, The Prep and Harlem Shake).

Hip Hop

ALL LEVELS | 14+ COURSE CLASS

WAMNAM Collective

Tuesday, 20:00, 60 min

Hip Hop Pop and Lock

ALL LEVELS | 14+ COURSE CLASS

Tony Mills & Guest Teachers

Tuesday, 17:20, 60 min

Check Your Technique: Open Hip Hop Practice

SUNDAY SESSION

Sundays 20 Sept, 18 Oct, 22 Nov

13:00, 120 min

House

Originating in the underground clubs of 1970s and 80s Chicago and New York, House combines Tap, Jazz, Latin, African dance and martial arts to create a style all its own, characterised by fast footwork, 'Jacking' (or body rolls) and improvisation.

House Beginners

BEGINNER | 14+ COURSE CLASS

Ashley Jack

Monday, 18:55, 60 min

House Improvers

IMPROVER | 14+ COURSE CLASS

Ashley Jack

Monday, 20:00, 60 min

Inclusive

Inclusive classes are specifically designed for disabled people to explore the joy of movement in a supportive environment, together with their friends, families, and carers.

Inclusive Contemporary

ALL LEVELS | 16+ CLASS

Matthew Hawkins

Tuesday, 11:00, 60 min

Inclusive Party Playlist

ALL LEVELS | 16+ CLASS

Julie Cowan & Christina Liddell

Friday, 11:15, 60 min

Inclusive Dance

ALL LEVELS | 16+ CLASS

Sheena Byrne

Friday, 15:15, 60 min



Irish

The umbrella term for a group of traditional dance styles originating in Ireland, known for rapid leg and foot movements and focussed on rhythm and precision.

Irish Dance Beginners/Improvers

BEGINNER/IMPROVER | 14+ COURSE

Jennifer Roxburgh

Tuesday, 18:25, 60 min

Irish Dance Intermediate

INTERMEDIATE | 14+ COURSE

Jennifer Roxburgh

Tuesday, 19:30, 60 min

Jazz

Jazz is characterised by expressive, stylistic choreography, drawing inspiration from a wide variety of African American dance styles of the early 20th Century including Ragtime, Charleston, Lindy Hop and Mambo, alongside Musical Theatre and Hollywood influences.

Jazz

ALL LEVELS | 14+ COURSE CLASS

Meggy Viana

Wednesday, 20:00, 60 min



K Pop

A dance style inspired by Korean pop music videos, blending sharp, high-energy moves with expressive commercial styles.

K Pop Youth

ALL LEVELS | 12-16 YEARS **COURSE** **CLASS**

Natalie Divine

Monday, 16:30, 60 min

K Pop

ALL LEVELS | 16+ **COURSE** **CLASS**

Natalie Divine

Monday, 17:50, 60 min

Pilates

Invented by Joseph Pilates in the early 20th Century, Pilates is a low-impact exercise focused on strengthening core muscles, improving posture, flexibility, and overall body alignment. It combines controlled movements with mindful breathing to enhance physical awareness and stability.

Pilates

ALL LEVELS | 14+ **COURSE** **CLASS**

Liron Bleischer

Tuesday, 18:15, 60 min

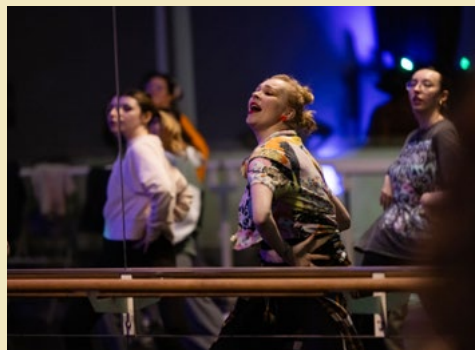
Pilates

ALL LEVELS | 14+ **COURSE** **CLASS**

Andrew Raeburn

Friday, 10:00, 60 min





Reggaeton

A vibrant and energetic style blending Latin, Caribbean and Hip Hop influences, with an emphasis on attitude, musicality and expression through rhythmic movement.

Reggaeton

ALL LEVELS | 14+ | COURSE | CLASS

Pirita Tuisku & Guest Teachers

Monday, 19:40, 60 min

Street

From Popping and Locking to House, Breaking, Krumping and Whacking—Street encompasses styles that were developed on the streets, rather than in a studio.

Street Dance

ALL LEVELS | 14+ | COURSE | CLASS

Jo Richards

Thursday, 17:15, 60 min



Tap

With roots in African, Irish and English dance traditions, Tap is a fun, rhythmic and percussive style where dancers use shoes with steel caps on the toes and heels to tap rhythms on the floor.

Tap Beginners/Improvers

BEGINNER/IMPROVER | 14+ | COURSE | CLASS

Hanna Lappalainen

Monday, 16:15, 60 min

Tap Improvers

IMPROVER | 14+ | COURSE | CLASS

Lindsey Cheyne

Wednesday, 18:55, 60 min

Vintage Tap Improvers

IMPROVER | 60+ | COURSE | CLASS

Rona Anderson

Tuesday, 10:30, 60 min

Whacking

Strike a pose...Created in the gay club and ballroom scenes of 1970s Los Angeles by People of Colour, this style is all about attitude and self expression, with stylistic arm movements, posing and striking with force ('whacking').

Whacking

ALL LEVELS | 14+ | COURSE | CLASS

Dorine Mugisha & Guest Teachers

Thursday, 18:20, 60 min

Whacking Open Practice

SUNDAY SESSION

20 Sept, 18 Oct, 22 Nov

15:00, 120 min

DANCE FOR CHILDREN AND YOUNG PEOPLE

Courses and classes specially designed for children and young people.

Dance N Play

18 MONTHS - 5 YEARS CLASS

Jo Jeffries

Wednesday, 10:00, 45 min

Aerial Youth

P3-P7 COURSE

All or Nothing

Saturday, 13:30, 60 min

Aerial Youth

S1-S6 COURSE

All or Nothing

Saturday, 14:30, 60 min

K Pop Youth

ALL LEVELS | 12-16 YEARS COURSE CLASS

Natalie Divine

Monday, 16:30, 60 min

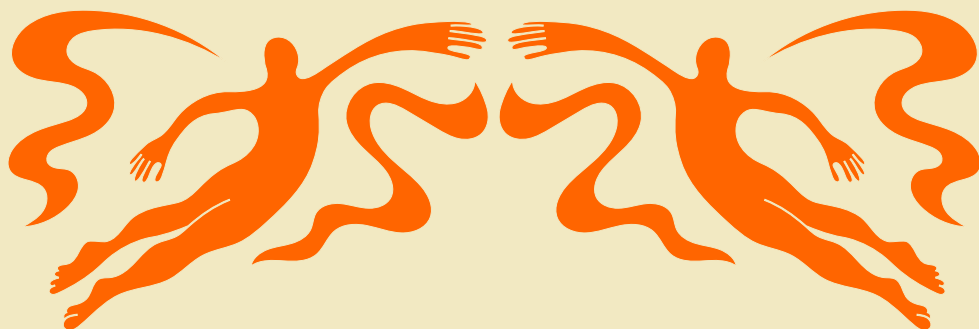
Little People Big People

18 MONTHS - 5 YEARS SUNDAY SESSION

Neil Callaghan

20 Sept, 18 Oct, 22 Nov

10:00 & 11:15 each day, 45min



VINTAGE (60+)

Courses and classes specifically designed for people over 60.

Vintage Ballet

ALL LEVELS | 60+ COURSE

Katie Miller

Thursday, 10:00, 60 min

Vintage Ballet

ALL LEVELS | 60+ COURSE CLASS

Jack Anderson

Friday, 12:30, 60 min

Vintage Ballet Improvers

IMPROVER | 60+ COURSE CLASS

Kirsty Pollock

Monday, 10:00, 90 min

Vintage Ballet Improvers

IMPROVER | 60+ COURSE CLASS

Kirsty Pollock

Tuesday, 12:15, 90 min

Vintage Contemporary Improvers

IMPROVER | 60+ COURSE CLASS

Bridie Gane

Monday, 11:45, 60 min

Vintage Latin Movers

ALL LEVELS | 60+ CLASS

Yamil Cuedo Ferrera

Monday, 11:35, 60 min

Vintage Tap Improvers

IMPROVER | 60+ COURSE CLASS

Rona Anderson

Tuesday, 10:30, 60 min



PROFESSIONAL

Classes for the professional dance community.

Professional Contemporary

PROFESSIONAL | 16+ CLASS

Guest Teachers

Monday, 10:00, 90 min

Advanced/Professional Contemporary

ADVANCED/PROFESSIONAL | 16+ CLASS

Tess Letham & Guest Teachers

Tuesday, 18:20, 90 min

Advanced/Professional Ballet

PROFESSIONAL | 16+ CLASS

David Murley & Madeline Squire

Wednesday, 18:50, 90 min

Professional Ballet

PROFESSIONAL | 16+ CLASS

Benoît Egloff

Friday, 10:00, 90 min

Professional Contemporary

PROFESSIONAL | 16+ CLASS

Guest Teachers

Saturday, 13:15, 90 min

Scan for the full list of professional classes, workshops and jams.



WORKSHOPS

Ballet Repertoire

IMPROVER / INTERMEDIATE

14+ WORKSHOP

Benoît Egloff

Sat 3 October

13:30, 90 min

Confidence in Motion - Contemporary Workshop

IMPROVER / INTERMEDIATE

14+ WORKSHOP

Bex Hunt

Sun 18 October

14:00, 120 min

Dare 2 Dance

ALL LEVELS | 14+ WORKSHOP

Dance Base & Guest Teachers

Sun 25 October

10:00-15:00

An Introduction to Movement Notation

ALL LEVELS | 14+ WORKSHOP

Jonathan Burnett

Sat 28 November

13:30, 90min

Ballroom Workshop Series

IMPROVER | 14+ WORKSHOP

Marina Delicata

20 Sept, 18 Oct, 22 Nov

10:00, 90 min

Flamenco Workshop Series

IMPROVER | 14+ WORKSHOP

Adela Ramos

20 Sept, 18 Oct*, 22 Nov

14:30 [*11:45], 90 min

DAILY TIMETABLES

MONDAYS

TIME CLASS

10:00 90min	Professional Contemporary ●
	Guest Teachers
10:00 90min	Vintage Ballet Improvers ●●
	Kirsty Pollock
11:35 60min	Vintage Latin Movers ●
	Yamil Cuedo Ferrera
11:45 60min	Vintage Contemporary Improver ●●
	Bridie Gane
16:15 60min	Tap Beginners/Improvers ●●
	Hanna Lappalainen
16:30 60min	K Pop Youth ●●
	Natalie Divine
16:45 90min	Aerial Beginners ●
	All or Nothing
17:30 60min	Dance Workout ●●
	Pirita Tuisku & Guest Teachers
17:45 60min	Bollywood ●●
	Rajani Ravikumar
17:50 60min	K Pop ●●
	Natalie Divine
18:15 90min	Aerial Improvers ●
	All or Nothing
18:35 60min	Highland Improvers ●
	Veronica Jackson
18:55 60min	Ballroom Beginners ●
	Chris Malone
18:55 60min	House Beginners ●●
	Ashley Jack
19:40 60min	Reggaeton ●●
	Pirita Tuisku & Guest Teachers
20:00 60min	Ballroom Improvers ●
	Chris Malone
20:00 60min	Burlesque Intermediate ●
	Academy of Burlesque & Cabaret
20:00 60min	House Improvers ●●
	Ashley Jack

KEY ● COURSE ● CLASS

TUESDAYS

TIME CLASS

10:30 60min	Vintage Tap Improvers ●●
	Rona Anderson
11:00 60min	Inclusive Contemporary ●
	Matthew Hawkins
12:15 90min	Vintage Ballet Improvers ●●
	Kirsty Pollock
17:20 60min	Hip Hop Pop and Lock ●●
	Tony Mills & Guest Teachers
17:20 60min	Heels Beginners ●●
	Lorna Brown Dance Co.
18:15 60min	Pilates ●●
	Liron Bleischer
18:25 60min	Irish Dance Beginner/Improver ●
	Jennifer Roxburgh
18:25 90min	Advanced/Professional Contemporary ●
	Tess Letham & Guest Teachers
18:30 60min	Ballet Basics Foundations ●
	Kirsty Pollock
19:20 60min	Burlesque Beginners/Improvers ●
	Academy of Burlesque and Cabaret
19:30 60min	Irish Dance Intermediate ●
	Jennifer Roxburgh
19:35 60min	Ballet Improvers ●●
	Matthew Hawkins
20:00 60min	Hip Hop ●●
	WAMNAM Collective

WEDNESDAYS

TIME	CLASS	
10:00 45min	Dance n Play Jo Jeffries	●
11:30 120min	Dance for Parkinson's Jen Cunningham	● ●
17:20 60min	Musical Madness Chris Stuart Wilson	● ●
17:50 60min	Contemporary Beginners Alan Greig	● ●
17:55 60min	Belly Dance Moyra Banks	● ●
18:20 90min	Advanced/Professional Ballet David Murely & Madeline Squire	●
18:25 60min	Retro Dance Party Chris Stuart Wilson	● ●
18:55 60min	Tap Improvers Lindsey Cheyne	● ●
19:05 90min	Ballet Intermediate Benoît Egloff	●
19:30 90min	Ballroom Intermediate Chris Malone	●
20:00 60min	Jazz Meggy Viana	● ●

THURSDAYS

TIME	CLASS	
10:00 60min	Vintage Ballet Lucy Lowndes	●
11:05 90min	Ballet Improvers/Intermediate Oran Longmuir	●
12:40 60min	Ballet Basics Lucy Lowndes	● ●
13:45 60min	Ballet Beginners/Improvers Oran Longmuir	● ●
14:50 60min	Gentle Contemporary Matthew Hawkins	● ●
17:15 60min	Street Dance Jo Richards	● ●
17:25 60min	Flamenco Beginners Adela Ramos	●
18:15 60min	Commercial Beginners Jo Richards	●
18:20 60min	Whacking Dorine Mugisha & Guest Teachers	● ●
18:30 60min	Ballet Beginners Matthew Hawkins	● ●
18:55 60min	Afro Cuban Yamil Cuedo Ferrera Live Music: Sam Okoo	●
19:15 90min	Commercial Improvers Jo Richards	● ●
19:25 90min	Contemporary Intermediate Bex Hunt	● ●
19:35 90min	Heels Improvers Lorna Brown Dance Co.	● ●
20:00 60min	Cuban Salsa Yamil Cuedo Ferrera	● ●

FRIDAYS

TIME	CLASS	
10:00 60min	Pilates Andrew Raeburn	● ●
10:00 90min	Professional Ballet Benoît Egloff	●
11:15 60min	Inclusive Party Playlist Julie Cowan & Christina Liddell	●
11:30 90min	Dance Makers Lecture Series Agnes Ness 18 Sept - 20 Nov (10 weeks)	● ●
11:45 60min	Latin Fitness Yamil Cuedo Ferrera	● ●
12:30 60min	Vintage Ballet Jack Anderson	● ●
13:35 90min	Ballet Improvers Jack Anderson	● ●
15:15 60min	Inclusive Dance Sheena Byrne	●
17:30 90min	Contemporary Improvers Alan Greig	● ●
18:25 60min	Social Ballroom Improvers Marina Delicata	●
18:30 60min	Ballet Beginners/ Improvers Jonathan Burnett	●
19:05 60min	Afro Beats Emanuel Carlos	● ●
19:30 90min	Ballet Improvers/ Intermediate Jonathan Burnett	●
19:30 90min	Social Ballroom Intermediate Marina Delicata	●

SATURDAYS

TIME	CLASS	
13:10 90min	Commercial Jazz Jo Richards	● ●
13:15 90min	Professional Contemporary Guest Teachers	●
13:20 60min	Aerial Youth P3-P7 All or Nothing	●
14:25 60min	Aerial Youth S1-S6 All or Nothing	●
14:45 90min	Authentic Argentine Tango Beginners Ani Tchakmakdjian Assistant: Niall Menzies	● ●
15:30 90min	Aerial Improvers All or Nothing	●
15:45 90min	Authentic Argentine Tango Improvers Ani Tchakmakdjian Assistant: Niall Menzies	● ●

SUNDAY SESSIONS

September – December

TIME	CLASS	
10:00 45min	Little People Big People with Neil Callaghan	
11:15 45min	Little People Big People with Neil Callaghan	
13:00 120min	Check Your Technique: Open Hip Hop Practice	
15:00 120min	Whacking Open Practice	

OPTIONS AND PRICES

Levels

ALL LEVELS

Designed for everyone—expect some easy parts alongside more challenging sections.

FOUNDATION

For people who are new to dance or those who are keen to brush up on the basics.

BEGINNER

Some confidence with movement, or minimal experience in this particular style.

IMPROVER

You've completed at least one term of this style, or are already an experienced dancer.

INTERMEDIATE

You've completed at least two terms of Improver classes, or are an experienced or confident dancer.

ADVANCED

Fast-paced and focussing on technique. For experienced dancers only.

PROFESSIONAL

For those undertaking professional dance training, graduates or established professional dancers.

13-Week Courses

Build your skills and technique over a full term. You can join a course up to the third week of term. Courses can be paid for in two instalments — please ask our Front of House team for further details.

Classes

Want to stay flexible? Many of our courses are also available to book as individual classes. 10-class passes are also available.

Discounts

Concessions: we offer concession rates of 10% off the full price to those over 60 years, Equity members and full-time students. Concession rates are not available for our youth or aerial classes.

Chance to Dance: our Chance to Dance scheme offers discounted rates to eligible groups, including young people (14-26), those currently seeking work and disabled people.

Terms and Conditions apply:



60 Minute Classes

Full 13-week course	£130
Concession	£115
Single class	£12
Concession	£10
10 class pass	£105
Concession	£95
#ChanceToDance	£7.50
Inclusive Classes	£5.50

With live music

Single class	£14.50
Concession	£12
#ChanceToDance	£9.50

90 Minute Classes

Full 13-week course	£185
Concession	£165
Single class	£16.50
Concession	£14.50
10 class pass	£150
Concession	£130
#ChanceToDance	£9.50

Young Dancer (0-5 Years)

Single class	£5.50
10 Class Pass	£50

Additional sibling discounts available.

Dance Makers Course

10-week course	£100
Single class	£12.50

Dance for Parkinson's

13 Week Course	£65
Single Class	£5.50

Professional Classes

Single class	£5.50
Pro 10 Class Pass	£55

Adult Aerial Courses

Full 13-week course	£235
Concession	£200

Youth Aerial Courses

Full 13-week course	£175
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Facilities and Access

Based in Edinburgh's historic Grassmarket, Dance Base is a modern, purpose-built home for creating, nurturing and celebrating dance.

We have:

- ▶ A lift for level access to all areas of the building;
- ▶ Four purpose-built dance studios, each with sprung dance floor, barres, mirrors and a sound system;
- ▶ Changing facilities, showers, toilets, including lockers;
- ▶ Accessible Facilities, including bathrooms, showers and changing rooms;
- ▶ A reception area with seating and friendly Dance Base staff to welcome you;
- ▶ Two additional foyer/waiting areas with seating;
- ▶ An office space, kitchen, meeting rooms and green room for staff, artists and teachers; and
- ▶ Hearing loops in all studios.

We are committed to making our spaces, programmes and events available to all, so please get in touch to let us know what you need before you visit. You can reach us by phone **0131 225 5525** or email dance@dancebase.co.uk, or make an appointment to chat to us in person.

dance that will move you

CAP Festival Studio King's
ITAL Theatre Theatre Theatre
THEATRES

Capital Theatres is a registered Scottish Charity SC018805



CAP King's 24 - 26 Sep 2026
ITAL Theatre capitaltheatres.com
THEATRES

SCOTTISH BALLET

Works by Crystal Pite
& Julia Cheng

Emergence

CAP Festival 1 - 3 Oct 2026
ITAL Theatre capitaltheatres.com
THEATRES



CAP King's 21 Oct 2026
ITAL Theatre capitaltheatres.com
THEATRES



CIRCA
**DUCK
POND**

CAP Festival 30 & 31 Oct 2026
ITAL Theatre capitaltheatres.com
THEATRES



NEW/ADVENTURES

**THE
CAR MAN** MATTHEW BOURNE'S
BLIZET'S GAMMEN RE-UNITED

CAP Festival 3 - 7 Nov 2026
ITAL Theatre capitaltheatres.com
THEATRES



★★★★★ "ABSOLUTELY LIFE-CHANGING" ★★★★★ "HIGHLY RECOMMENDED" ★★★★★ "LA CAPOTE DE LA CRÈME" ★★★★★ "NEARLY EFFORTLESS" ★★★★★ "HARD TO BELIEVE" ★★★★★ "EXCEPTIONAL" ★★★★★ "ABSOLUTELY MUST-SEE" ★★★★★ "INCREDIBLE" ★★★★★ "DON'T MISS THIS"

THE TAP DANCE SENSATION
STORIES

CAP King's 9 Nov 2026
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THEATRES



Dance Consortium presents
São Paulo Dance Company

CAP King's 12 & 13 Feb 2027
ITAL Theatre capitaltheatres.com
THEATRES