



JILL FOSTER DANCE ♦ CENTRE

[JFDC Elite and Competitor Training \(7 to 18 years\)](#)

THIS class focuses on the aspects of performance which we don't always have time to include in our mainstream classes including: strength, stamina, flexibility and trick work and competitor training. Come and see whether you have what it takes to be Elite

£6.00 weekly /£35.00 per half term

MONDAY

6.10-7.35PM

(Junior Beginner/Intermediate)

MK SNAP, WALNUT TREE, MK7 7DE

SATURDAY

1.20 - 2.45PM

(Junior Beginner/Intermediate)

MK SNAP, WALNUT TREE, MK7 7DE

[BOOK HERE](#)

E-mail: jill@jfdc.co.uk

Website: jfdc.co.uk