

Amy Allen



Amy has been working as a freelance dance teacher for the past 7 years. Amy runs her own dance school in Baldoyle (MindKrash Dance Company) as well as teaching for some of Dublin's top stage schools. She recently returned to college and is now a qualified fitness instructor.... adding ladies fitness classes to the list! Below is a list of classes currently running in the Baldoyle Community Hall.

MindKrash Dance Company



Join our Hip-Hop classes every Thursday in the Community Hall. We cater for all levels (age 5-16). Students learn the latest moves, keep fit and have fun in this non competitive environment! Times are as follows:

2.30-3.30: The RockStars (5-7's)

3.30-4.40: DanceKraze (7-10's)

4.30-5.30: StreetVibe (10-16's)

Ladies Body Sculpt Classes



Get fit now with this one hour fast pace fitness class! Join us twice a week for Aerobics, Body Toning, Weight Training and Bootcamp style Circuits! Improve your fitness levels! Classes are drop in and take place every **Tuesday 7-8pm** and **Thursday 8.30-9.30pm**. Please contact Amy for more information.

WEBSITE COMING SOON! 😊