



Everything You Need to Know

FULLOUT Training Club · 2026/27 season

FULLOUT is a training club and production house for dancers aged 15 and over.

You train to industry standard every other Sunday, and every term you train, develop and produce a professional concept video, released, and yours to keep.

What makes it different

Most programmes train you and send you home. At FULLOUT, each term ends on camera. You work from real treatments and call sheets, train and create alongside guest choreographers and creatives working in the industry now, and leave every term with a released visual, a credit, and footage cleared for your own showreel. You also build your network while you do it.

Who it's for

Dancers aged 15 and over (by the first session) who are working toward professional training and professional work. You keep your existing training. FULLOUT is the layer on top. Entry is by video audition, and places are limited.

How it runs

- **When:** two Sundays a month, roughly every other Sunday, across the academic year (10 months, September to June).
- **Session length:** around 4 hours per training Sunday.
- **Shoot days are full days.** The final Sunday of each term is a full production day, longer than a standard session, with call times like a real shoot.
- **Where:** a hired studio at Crayford Weights & Fitness, South East London.
- **The shape of each term:** the first half is training and development, the second half builds the concept video, and the term ends with the full-day shoot. Three terms, three released visuals.

Season calendar 2026/27

Applications close: Monday 7 September 2026. **First session:** Sunday 13 September 2026.

TERM 1 (Autumn)

- September: **13** and **27**
- October: **11** and **25**
- November: **8** and **22**
- December: **6**, and **13 (full-day shoot)**

Film 001 released before Christmas.

TERM 2 (Spring)

- January: **10** and **24**
- February: **7** and **21**
- March: **7**, and **21 (full-day shoot)**

Film 002 released around Easter.

TERM 3 (Summer)

- April: **11** and **25**
- May: **9** and **23**
- June: **6**, and **20 (full-day shoot)**

Film 003 released in summer.

20 Sundays across 10 months.

Fees

£135 per month (founding cohort rate), paid across 10 monthly payments from September to June.

Included: all training sessions, the full-day shoots, guest choreographers and creatives, and the full production of each term's concept video (filming and editing), with cleared footage for your own use. There are no hidden production costs.

How to pay: monthly by Direct Debit or standing order. Full details are confirmed with your place offer.

What you leave with

- Professionally shot and edited showreel footage, cleared for your reel, pages and applications.
- Three released projects a year with your name in the credits.
- Real set experience: treatments, call times, working to a full-day shoot.
- Industry-standard training, and a growing network of industry contacts.

The venue and facilities

Sessions are held in a hired studio at Crayford Weights & Fitness, a working gym open to the public. A few things to know:

- You'll be met at the studio, and supervised throughout the session. Parents and carers drop off and collect at the agreed point and time.
- **The toilets and changing rooms are shared with gym members**, so whether you use them is your choice (and, for under-18s, your parent's or carer's choice).
- **A private toilet is available by reception** if you'd prefer not to use the public facilities.
- **If you'd rather not use the shared changing rooms**, come already dressed and ready to train.

- Bring water and anything you need for a long training day (and for shoot days, a full day).

Safeguarding & wellbeing

FULLOUT takes safeguarding seriously. We hold a Safeguarding & Child Protection Policy, our team is enhanced DBS-checked, and our Designated Safeguarding Lead is Taylor Yates. Ask us for the full policy at any time.

How to apply

- Submit a short video audition (about 60 seconds) in any commercial or street style, plus a few details, through our application.
- We review applications and make offers on a rolling basis.
- Places are limited, so early applications are encouraged.

Questions

Contact: hello@fullout.uk · fullout.uk