

Zumba and Street Dance Fitness Classes (5 GBP)



Location East of England, Norfolk

https://www.freeadsz.co.uk/x-234468-z

Do you want to lose weight?

Tone your whole body?

Become a fitter healthier version of you?

Workout in a fun, friendly and social atmosphere?

Love to Dance? If the answer is yes to any of these questions then why not try a Zumba or bounce

Dancefit class!! Zumba

Monday's and Wednesday

City of Norwich School Academy

6:30pm Bounce Dancefit (Street dance fitness)

Monday's

Open academy, Salhouse road

8pm

Wednesday's

City of Norwich School Academy 7:45pm Zumba Gold (low impact) thursdays 10am hily trinity church,

Rackheath Classes £5 or punch cards 5 for £



