

# Zumba classes in Wimbledon (3 GBP)



If you like Zumba you will love....

**Dance & Burn Fitness**

Advice on:  
Nutrition & Exercise,  
Ante & Post Natal

Southfields/Earlfield  
St Barnabas Church  
Lavenham Rd, SW18 5EP  
Tuesdays @ 7:30pm

Wimbledon  
Hillside Church  
Worple Rd, SW19 4JZ  
Thursdays @ 7pm

Book your space with Dalia:  
07865 641 539  
dalia@daliap.co.uk  
[ShapeUpWithDalia](https://www.facebook.com/ShapeUpWithDalia)

Location

**London, London**<https://www.freeadsz.co.uk/x-289599-z>

Dance & Burn Fitness in Wimbledon and Southfields (if you like Zumba you will love this class) It is a Latin-inspired dance workout for all abilities! Have fun whilst working out with this high energy dance class, using moves from aerobics, Salsa, Latin and Samba. Dance and exercise at the same time to Latin-inspired beats as well as well known chart hits. This class is easy to follow and suitable for all experience levels as there are options throughout offering high and low impact exercises so you can choose how hard you work. The class in Wimbledon is every Thursday evening at 19pm in Wimbledon Hillside Church, 37 Worple Road, SW19 4JZ. The class in Southfields is every Tuesday evening at 19.30 in St Barnabas Church Hall 146 Lavenham Rd Southfields.

DISCOUNT on block booking available! First class in Wimbledon is Half price (£3 only). I am REP's registered and fully insured/licenced. I love teaching and helping people to achieve their fitness goals and improve their lifestyles in the most enjoyable way.

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