

# Adult Ballet Class for Beginners



Location

**South East, West Sussex**

<https://www.freeadsz.co.uk/x-370709-z>



Would you like to dance? Whether you are a complete novice or have danced in the past, this is a great way to get fit, improve flexibility, balance and memory, as well as toning all major muscle groups. Men and women welcome. Saturdays - 11:00am - 12:30pm Try your first class for £3. Alive Gym, 25-27 Castle St Brighton BN12HD 01273739606 012737396...(click to reveal full phone number) [www.alivehealth.co](http://www.alivehealth.co)



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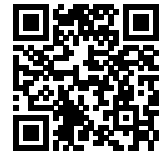
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