

Dance Fusion Fitness Classes in SE London (6 GBP)



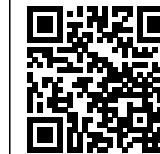
Amarakai Fitness presents...
DANCE FUSION
 Come down and dance your way to fitness, with HIIT focused sessions.
 Using the best in Soca, Garage, R&B, Pop, Afrobeats, Jungle and much more.
Wednesdays
 Time: 8 - 8.45pm
 Location: Room 3
 Cost: £6
EVERY MONTH
NEW MUSIC GENRE
 Greenwich West Community & Arts Centre
 141 Greenwich High Rd, London SE10 8JA
 Email: amarkai.fitness@gmail.com
 Tel: 07845 925 396
 amarkaifitness
 f t i n s n

Location

London, London<https://www.freeadsz.co.uk/x-434251-z>

Come and dance your way to fitness! Combining dance, aerobics and high intensity interval training (HIIT) into one high energy session! For those who want a great workout that targets the entire body, this is for you, male or female! All you need is a love for music, a fun attitude and lots of energy!

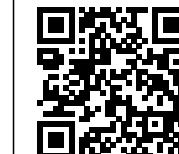
You can make it as intense as you want! There are low and high impact alternatives and basic and complex choreography, so you really can make the class your own and tailor it to your level. There is a new genre of music each month and another level of complexity added to the workouts each.



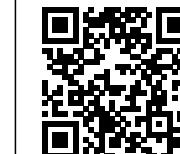
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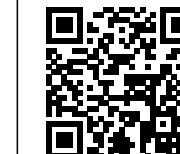
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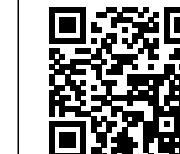
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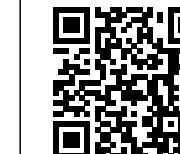
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