

Dance Fusion Fitness Classes in SE London (6 GBP)



Amarkai 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



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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