

Hula Hoop - Twin Hoop Course starts 2nd November



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-439647-z>



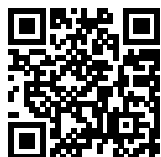
Wednesdays 6.15-7.15pm

St Martin's Church, Lewes Road, BN2 3HQ £50 - 6 week course. Please note this is a course not a drop in class. Happily hooping with one hoop, you can lift off, you have learned or are learning chest and knee hooping? How about adding another hoop to add twice the fun and impact to your hooping. This is a fun, challenging course teaching you on and off body moves with two hoops. Suitable for students experienced with single hoops and want to learn how to transition with two hoops. Learn to Hoop with Brighton's longest running Hula Hoop Dance company. Clare has been teaching hoop dance in Brighton since 2008, she is a qualified fitness teacher as well as hoop teacher and performer with Brighton circus "Shambolic".



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