

Groove Aerobics Dance Fitness Class (5.50 GBP)



Location

West Midlands, Warwickshire




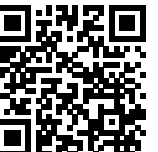





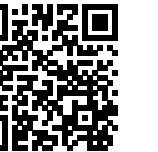
<https://www.freeadsz.co.uk/x-553166-z>



Tuesdays and Thursday 9.30am at Firey Feet Dance Studio Leamington

Combining fun routines with a challenging workout for all levels of both dance and fitness abilities. There are three stages of the class: cardio, conditioning and choreography. These three c's and the fusion of great music selection aims to deliver an amazing atmosphere whilst toning and burning up to 700 calories in one session. www.grooveaerobics.com

<https://bookwhen.com>

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