

Zumba Tuesday mornings (5 GBP)

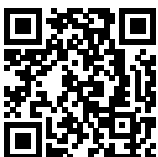


Location **East of England, Norfolk**
<https://www.freeadsz.co.uk/x-553489-z>

The Latin inspired dance aerobic workout
 in a fun friendly and social atmosphere
 burn between 300-1000 calories Jonah hour whilst worknf your whole body out
 no levels or experience required

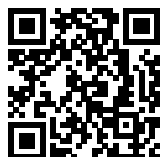
tuesdays 11:30am
 harford community centre
 free parking at the Asda on hall road

please contact me for any further info
 classes & pound



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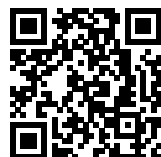
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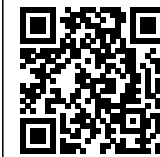
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