

# Hula Hoop - Advanced Starts Tuesday 9th January



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-564571-z>

6 Week Advanced Hoop Course  
 The Hanover Centre, Southover Street BN2  
 Starts Tuesday 9th January 6.15pm  
 Cost £55

Advance your skills, improve your flow. Learning folds, all kinds of body rolls, hinges, wedgies, escalator variations, neck spins and flourishes on body - chest and knees. This fun, 6 week course will inspire you to create your own flow and smooth out your transitions.

Learn to Hoop with Brighton's original and longest running Hula Hoop Dance company. Clare has ten years of hoop dance experience and has been teaching hoop dance in Brighton since 2008, she is a fitness industry qualified teacher as well as highly experienced hoop teacher and a performer with Brighton circus, Shambolic SideShow.

Gift Vouchers are available - Hoop Classes are a great gift for anyone interested in a fun way to.



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