

Zumba Gold Norwich amp Rackheath (5 GBP)



Location **East of England, Norfolk**
<https://www.freeadsz.co.uk/x-588274-z>

Zumba gold classes
 the low impact version for those needing a lower impact workout
 still great results an all over body workout with the Latin Inspired dance workout
 a fun friendly and social atmosphere

Thursday's
 holy trinity church
 rackheath
 10am

fridays
 norwich school of dance
 white lodge trading estate
 1:30-2:30pm



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