

Drum Fitness Class Horam



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-591535-z>



Mondays 7.30 - 8.00pm at Horam Village Hall £4
Booking essential click to contact
This exciting upbeat class is sure to burn fat fast and tone the whole body. We use slightly weighted drumsticks to tone the upper body. Drum away to well known songs and have fun whilst you workout. This class is suitable for everyone as you can modify the moves to making it easier or harder.
Visit our website for more details www.bodyfitrevolution.co



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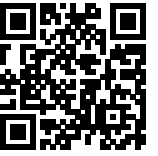
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