








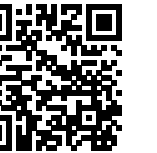


Hula Hoop Dance Class- Intermediate Level - Starts 30th March (8.50 GBP)



Location **South East, East Sussex**
<https://www.freedasz.co.uk/x-291421-z>

Brand New Intermediate Course with DreamSpin Hoop Dance! Begins 30th March, 6.15pm at St Martins Church Hall, Lewes Road, BN2 6 week course - £50 New 6 week course teaching a short, fun, fast paced hoop dance routine. We will be using body rolls and wraps, chest and knee hooping and throws. Challenging and fun with opportunity to focus on fine tuning moves, creating your own choreography and performance for family and friends. DreamSpin Hoop Dance is Brighton's longest running hula hoop company. Teaching since 2008, Clare is a qualified fitness teacher as well as being a hoop dance teacher and performer with her Brighton circus company "Shambolic".

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