

Learn To Hula Hoop - Brighton Hoop Dance Classes Every Monday 6pm (8.50 GBP)



Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-324417-z>

Learn to Hoop Dance with DreamSpin Hoop Dance. 6 week courses at The Hanover Community Centre, Brighton BN2 9UD You will learn how to hoop on your waist and hips (adding in feet and arm movements) and then a whole host of off body moves that will tone upper and lower body and improve your cardio strength. Learn to Hoop with Brighton's longest running Hula Hoop Dance company. Clare has been teaching hoop dance in Brighton since 2008, she is a qualified fitness teacher as well as hoop teacher and performer. Contact DreamSpin for Hen Parties, Workshops, Festivals and custom made hula hoops for adults and.

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