Dance Fusion Fitness Classes in SE London (6 GBP)

Location **London, London**
https://www.freeadsz.co.uk/x-434251-z

Come and dance your way to fitness! Combining dance, aerobics and high intensity interval training (HIIT) into one high energy session! For those who want a great workout that targets the entire body, this is for you, male or female! All you need is a love for music, a fun attitude and lots of energy!

You can make it as intense as you want! There are low and high impact alternatives and basic and complex choreography, so you really can make the class your own and tailor it to your level. There is a new genre of music each month and another level of complexity added to the workouts each.

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