











Hula Hoop Course - Improvers/Intermediate - Starts 1st November



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-439648-z>

Tuesdays 6.15pm-7.15pm
 The Hanover Community Centre, Brighton BN2 9UD
 Starts 1st November £50 - 6 week course, please note this is not a drop in class. Advancing your beginner hoop experience with more fun, exciting moves and tricks, such as body rolls and wraps, chest and knee hooping. Learn how to transition and flow with your hoop. Suitable for those who have been hooping for several months. This is Not for Beginners. 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 with Brighton circus "Shambolic SideShow". ;

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