








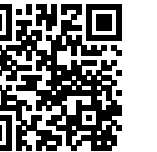


Dance Fitness Classes Norwich (5 GBP)



Location **East of England, Norfolk**
<https://www.freeadsz.co.uk/x-483790-z>

Zumba, Zumba Gold & Street Dance Classes Do you want to lose weight?
 Tone your body?
 Love dance?
 Want a non intimidating, friendly and social atmosphere to work out in? No levels or experience required as you follow me
 Burn between 300-1000 calories an hour whilst giving your whole body a work out Zumba
 Monday's & Wednesday's
 6:30pm
 CNSA, Eaton raps Zumba Gold
 Thursday's
 10am
 Holy Trinity Church
 Rackheath Street Dance Fitness Workshops
 Held Monthly
 Next one
 Saturday 14th January
 11am
 CNSA, Eaton road Classes £5
 Free parking
 Changing facilities Please contact me

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