




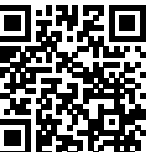






# Groove Aerobics Dance Fitness Class (5.50 GBP)



Location **West Midlands, Warwickshire**  
<https://www.freeadsz.co.uk/x-553166-z>

Tuesdays and Thursday 9.30am at Firey Feet Dance Studio Leamington  
 Combining fun routines with a challenging workout for all levels of both dance and fitness abilities. There are three stages of the class: cardio, conditioning and choreography. These three c's and the fusion of great music selection aims to deliver an amazing atmosphere whilst toning and burning up to 700 calories in one session. [www.grooveaerobics.com](http://www.grooveaerobics.com)  
<https://bookwhen.com>



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