











# Burlexercise (5 GBP)



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-557128-z>

Burlexercise is the 'Ultimate showgirl workout'. The dance, fitness class will take your body on a physical journey burning carols and toning your body! The class is medium-high impact and is a 30 minute dance class followed by a resistance section where you will use handheld weights and boas! (All Provided). We have three classes weekly in the Brighton and hove area. Visit us on Facebook 'Burlexercise Brighton' Or call 07414813232 074148132...(click to reveal full phone number) for more information and.

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