

February 2 - June 1, 2018

## African "Remixed" Adult Dance Class

Company: AbunDance Academy of the Arts, Inc.  
 Venue: AbunDance Academy of the Arts, Inc  
 Location: Brooklyn, NY

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Anthony Lewis

African "Remixed" is a Fun Fitness Adult Dance Class, open to All Levels. With traditional and contemporary movements, this African 'Remixed' class is an energetic dance experience that tones and sculpts the body, maximizing caloric output, fat burning and total body toning. The funky routines keep you engaged and the music awakens your soul. Each class is \$15. Discount Class Cards available. Class time is 7:30pm-8:30pm. Located in Prospect Heights/ Lefferts Gardens, African "Remixed" is taught by AbuNdance Academy's Artistic Director, Ms. Karisma Jay.

AbunDance Academy of the Arts, Inc.  
 90 Sullivan Place  
 Brooklyn, NY, 11225  
 3477881069

Schedule  
 February 2, 2018: 7:30pm  
 February 9, 2018: 7:30pm  
 February 16, 2018: 7:30pm  
 February 23, 2018: 7:30pm  
 March 2, 2018: 7:30pm  
[more](#)

[< back](#)

[previous listing](#) • [next listing](#)