

July 28 - August 5, 2021

Dance Fitness Workshop

Company: Sabby Baila
Venue: Parks & Private Locations
Location: Greenpoint, NY

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Sabrina Bodé is a dancer, educator, and community organizer. Through dance, Sabrina honors stories of social movements and revolutionary fights for freedom around the globe. Her expertise lies in Hip Hop, House, and Latin styles of dance, paying homage to her hometown of Queens, NYC.

Each class consists of both targeted HIIT exercising and rhythm/musicality/choreography practice. Working alongside her partner, DJ and Producer, Omer Mil, Sabrina curates special playlists in order to bring vitality and authenticity to the "Sabby Baila" community.

Come energized and excited to work out and joyfully dance as a unified group! All levels welcome!

Sabby Baila
Multiple Locations
Greenpoint, NY, 11222
<https://www.eventbrite.com/e/sabby-baila-dance-fitness-workshops-tickets-164532129027>

Schedule
July 28, 2021: 6:30pm
August 3, 2021: 6:30pm
August 5, 2021: 7:30pm

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