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

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 730pm-830pm. 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
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