

Class ideas

Here are some suggestions for classes to search for in your local area.

Dance

- Salsa
- Jive/Lindy Hop
- Hip Hop
- Ballroom
- Ballet
- Tap
- Jazz
- Disco
- Voguing
- Pole

Circus/ Acrobatics

- Aerial Hoop
- Trapeze
- Aerial Silks
- Juggling
- Balance
- Fire Eating
- Hula Hooping
- Parkour

Martial Arts

- Karate
- Judo
- Taekwondo
- Kickboxing
- MMA
- Boxing
- Capoeira
- General self defence

“Themed” Fitness

- Zumba
- Spin
- Aerobics
- Sh'bam
- Underwater anything
- Gymnastics

