

Belly Dance Classes

Mondays 10.00 – 11.30am
Introduction for beginners is from
9.30 – 10.00

At the Small Village Hall – Forest Row

£30 for six classes or £7 a class
Everyone is welcome!
Join at any time.

Belly Dance, (Egyptian Dance) is a joyful form of exercise improving flexibility, muscle tone (working on strengthening the abdominal and lower back muscle) & co-ordination. It is suitable for all ages & ability.

For more information please phone
01342 810090