

Dancing Workshop

Tuesday, 26 September 2023 17:00 (1 hour)

Join us for one-hour of beginner-friendly Dancing Workout Workshop, where the rhythms of salsa, merengue, hip-hop and african beats will make you forget all your worries. This course requires no prior knowledge of dancing, so if you want to learn basic steps for any of the dancing styles above or have a nice cardio workout, this is just the opportunity for you. We will start with warm-up, move onto a more intensive part and finish with the cool down exercises. Get ready for an occasional battle to spice things up.

This workshop will take place in an inside hall in a neighboring building to where the prior program takes place. We would like to ask you to bring sports clothes and trainers for inside use.

Presenter: STEFKOVA, Slavomira (KIT)

Session Classification: Social