

DDMIX Created by DARCEY BUSSELL
and NATHAN CLARKE

www.diversedancemix.com

Dance Fitness by Darcey Bussell

A brand new full body workout based on a range of different dance styles from around the world, as well as eras, with easy to follow steps.

All you need is a pair of trainers, lots of enthusiasm and we will provide the rest!

Date: Wednesday's

Time: 7.30pm

Location:

Orpington Methodist
Church Hall Sevenoaks Road
Orpington

Price: £5



To pre-book:

Steve Whitehead

07790 754907

steve090857@gmail.com

Suitable for all fitness levels

