

Rhythm Fitness

Face it, no one really enjoys going to the gym. We're combining Solo Latin with Aerobics, Tae Bo and lots of fun, so you'll be sweating off those kilos in no time.

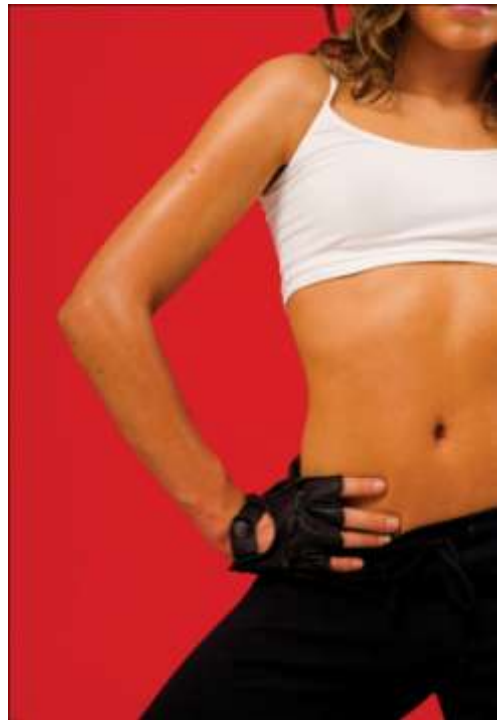
Classes are on the following days and times:

Tuesday 18:00-19:00
Wednesday 18:00-19:00
Friday 18:00-19:00 (coming soon)
Saturday 09:00-10:00 (coming soon)

Class Rates:

R80 per 1 Hour session or

1 Hour session per week R300pm
2 Hour sessions per week R400pm
3-4 Hour sessions per week R600pm



Booking essential for each class 24 hours in advance.

Steffie on 0741730864 or info@rhythmdivinedancing.co.za

Teaching you to Dance - One Step at a Time