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OUR DANCE FITNESS CLASSES

CARIBBEAN CARNIVAL

A Carnival-inspired class to the sounds of Soca and Reggae music. Bring your flag to wave and move those hips like never before! A class that is exhilarating, up-tempo and bold. Our most popular class. **Feel those sweet island vibes.**

SAMBA

A Brazilian dance of African origin. Learn that fancy footwork and rhythm of the hips. Whether dancing in partners or in a group, this class will have your team **feeling confident and keep you smiling.**

STREET DANCE

A blend of different dance styles. A class full of energy with a sense of cool! Great for teamwork. Set to the sounds of R&B, Pop, or Hip hop music. **Challenge the body and the brain while owning the dance floor.**

BOLLYWOOD

Bollywood dance is the name given to the type of dance used in Indian films. It's the fusion of different dance styles including bhangra dance, hip-hop, Arabic and jazz dance. **Let your teams inner movie star shine to Indian pop music.**

MUSIC VIDEO

Recreate a music video of your choice or we can create one especially for your team. Learn an iconic dance routine from renowned music videos. From Beyonce's 'Single Ladies' to Micheal Jackson's 'Thriller'. **Feel like a superstar and make space to be great.**



CLASS PRICING & DETAILS



- Our group classes are charged at £250 per hour.
- All classes are suitable for up to 30 people at all dance abilities. Larger classes will require an extra member of staff, please contact us for bespoke Class bookings.
- Book any of the above classes and as many as you require.
- We include a 15 minute rest and water break for multiple class bookings on the same day.

EVENT SPECIALS

Company Wellness Days - We recreate a music video of your choice connecting your team together whilst staying fit, de-stressing and unpacking the week. Great for a company break or treat. Previously booked by Nike, Brent, and Wandsworth Council.

X-Factor Style Dance Off - During the class, we split your group into teams, each team learns a different routine and performs to each other, competition style!

Creative Workshops - Rhythmic Game Ice-Breakers and a creative team competition, previously held with HSBC, reenacting dance, film and theatre ideas.

Notting Hill Carnival Celebrations - A fun Team Building day that celebrates Notting Hill Carnival. Accessorise your costume, learn about London's Caribbean Carnival traditions which started in the streets of Kensington in 1966 and dance dance dance.

Get in touch with us to discuss and book your next event.

COURSES

Book a series of 1-hour weekly Dance Classes over 4 or 8 weeks.

Classes can be booked as single or multiple classes.

Our 4-week courses are £1,000.

Our 8 week courses are £2,000.

By booking our 8 week course we will give you £50 off your first booking. For more information please contact us to book a course.

Additional costs apply for locations outside of the M25 area.



WE HAVE WORKED WITH...



TESTIMONIALS

"We ought to do this every week in the office. Compulsory!"

"This was legendary!"

CONTACT US

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