



Latin Freestyle Aerobics

It is a dance fitness program that combines moves of different Latin-American dance styles with steps of aerobics to create frenetic atmosphere.

Tempo changes, cardio training, targeting every major muscle group, can shape the body while burning fat and providing excellent recreation for the whole body.

Instructor: Ms. Szabó Adrienn

Time: Mondays at 5:00pm - 6:30pm

Location: PTE Dance Studio (Ifjúság útja 6. building B)

For registration please log in at the right bottom part of the page. If any problem occurs please refresh the page.

[REGISTRATION](#) [1]

Source URL: https://tancolo.pte.hu/en/course/latin_freestyle_aerobics

Links

[1] https://tancolo.pte.hu/en/latin_freestyle_aerobik_latin_freestyle_aerobic_20182019_ji