



THORNBURY ADULT WINTER SCHEDULE 2023

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MONDAY	<p>7:30-8:30pm Adult Hip Hop/Dance Cardio (ages 16+)</p> <p>~The first half of the class will be dance cardio style. Using high energy tunes we combine the best of jazz, hiphop, funk and latin to get you warmed up and sweating. The second half of this class will be for some HipHop choreography. This class does not do any performances.</p>
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