



Dance Theatre of Ireland Centre for Dance

NEW!

African Dance

Looking for a fantastic workout for your every fibre, from your abs and thighs to your spine and soul?

This earthy and physical class introduces you to the fundamentals of West African dance, bringing you deep into the heart of African culture and rhythm, while toning every muscle.

With full body movements, deep stretches and the rhythm, undulation and release of African dance. Positively joyous.

Accompanied by live drummers on the first night.



To Register:

Email us at info@dancetheatreireland.com or call us on 280 3455

Or Print out and fill in our Registration Form (on the *Classes Page*) and return with your fee (cheque or postal order)

Or Call into our studio to register and pay in person.

10 weeks for only €90 – ENROL NOW!

Wednesdays 8-9pm

T 280 3455 F 280 3466
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www.dancetheatreireland.com



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