



Dance Theatre of Ireland Centre for Dance

CARDIO SALSA & SALSA

CARDIO SALSA

Tuesdays! 10 weeks only €90 – ENROL NOW!

Tuesdays 6.30 - 7.30pm!

Cardio Salsa involves the steps and rhythms of *Salsa*, *Merenque* and *Cha Cha Cha* within a high energy cardio workout done without a partner. Ideal for people who want to keep fit and have fun!

SALSA

Tuesdays 7.45 - 9pm!

Salsa is the most popular and exciting form of Latin American Dance. Just listening to that beat gets those feet moving!

Have fun & make friends dancing with other people.

No partner needed!



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 drop into our studio to register
& pay in person

T 280 3455 F 280 3466
E info@dancetheatreireland.com
www.dancetheatreireland.com

Dance Theatre of Ireland
Bloomfields Centre
Lower Georges St.
Dun Laoghaire, Dublin

