



Once a month **CARDIO-TAP**

INTENSIVE TAP CLASS

**Speed
Endurance
Rhythm
Fitness**

1 Saturday a month



TAP SHOW COMPANY



www.tapshowcompany.com

What ?

New Tap Dance class focused on endurance and cardio. Come burn a ton of calories while improving your performance and rhythmic precision.

We'll stick to simple and accessible combinations, but work them intensively to boost your ability to keep up with the pace over time.

A great workout upon energetic music !

When ?

One Saturday per month (11h > 12h) :

19/9 - 10/10 - 21/11 - 12/12 - 16/1 - 13/2 - 13/3 - 17/4 - 15/5.

How much ?

1h class = 14€

Where ?

Tap Show Company - Avenue de Jette 60 - 1081 Brussels.

Subscription ?

By E-mail : claquettes@tapshowcompany.com



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With the support of Absoludanse (Dance shop in Uccle) www.absoludanse.be