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Kay Fletcher Fitness - Zumba

Thursday: 18:30–19:45



Introduction

Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.


It's easy to do, effective and totally exhilarating. If you love to party, you will love Zumba!

You will be having so much fun you will forget that you are exercising. You know how good you feel after a good boogie at a party?

Location

-  **Front Hall, Kesgrave High School, Main Road, Kesgrave IP5 2PB**

Contact

-  **Kay Fletcher**
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-  info@kayfletcherfitness.com
-  [@KayFletcherFitness](#)
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 [#KayFletcherFit](https://twitter.com/KayFletcherFit)

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 www.kayfletcherfitness.com

Last updated: 23 July 2021

Location: Kesgrave High School - IP5 2PB