



With Louise

Zumba is a fun workout to Latin and International music, with easy to follow moves so it is suitable for everyone

Mornings

Tuesday 9.30am Naomh Olafs GAA, Sandyford

Friday 9.30am Mount Merrion Community Centre

Evening:

Wednesday 8pm Mount Merrion Community Centre

Teens Welcome

Zumba Gold (Low Impact)

Friday 11.15 Mount Merrion Community Centre

Zumba with Louise

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