

£ Cost: No Cost

Type: Face to Face

Come join us for a fun and energetic hula hoop class at the Mitford Room, Linskill Centre!

Get ready to spin, twirl, and dance your way to a great workout. No experience is necessary — all levels are welcome! Hoops provided and let's get moving together.



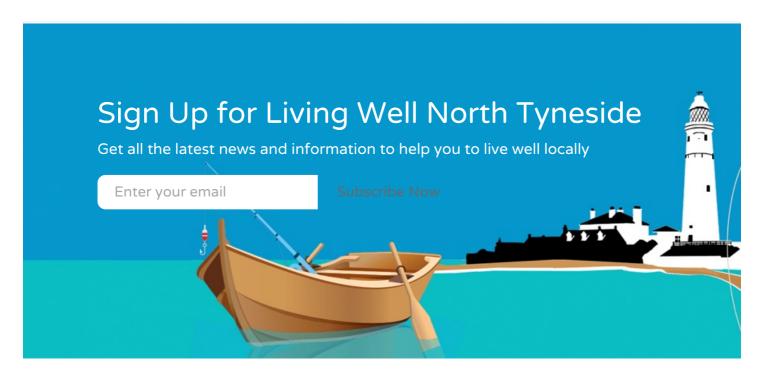
HULA HOOP CLASS

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Mitford Room Linskill Centre, North Shields

https://www.sarahs-star.org





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