

Overview

This class is purely casual. We started it last autumn.

The Monday morning class starts at 10:45am and finishes at 11:45am.

Participants need to book through reception (by the entrance of the health club).

Free for members & there is a charge for non-members – please contact the club for more info.

All hoops are provided for the duration of the class so no need to buy one.

We start with a gentle warm-up, then in the main section we learn basic tricks & closer to the end we cool down & stretch.

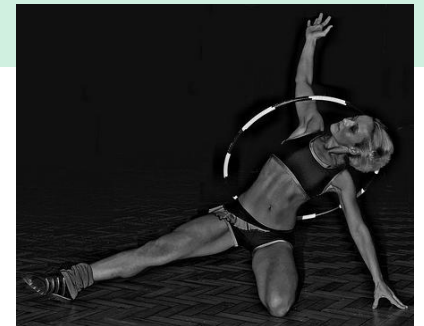
Because participants are a mix of regular hoopers & complete beginners we only learn the very basics of hoopdance so it is suitable for those who never hooped before.

Suitable: for all complete adult beginners both male & female

<http://beechdown.co.uk/>

Address: Beechdown Park, Winchester Road, **Kempshott, Basingstoke, Hampshire** RG22 4ES

Beechdown Casual



Please book through
Beechdown Health Club ONLY