



FIVE DAY FITNESS AND DANCE WORKSHOP

8TH JAN. TO 12TH JAN. 2024

BY: MR. VIVEK ANMOL (CHOREOGRAPHER)
Director: Dancing Toes Studio

- Day 1: Introduction to basic Dance Steps
- Day 2: Zumba Fitness Work
- Day 3: Zumba Fitness Work
- Day 4: Bhangra Fitness Work
- Day 5: Bhangra Fitness Work

Venue : Girls Common Room

Timings: 11:00 am to 1:00 pm

Registration: <https://forms.gle/LxRUg7BfLFHyVMUE6>

**WOMEN STUDIES AND DEVELOPMENT CELL
SMT. ARUNA ASAF ALI GOVT. P. G. COLLEGE
KALKA**