

STUDIOMIX



SPECIAL CLASS

BOLLYX

with Tamara Kodner

Thurs Oct 1st
6:30-7:30pm

+

Sun Oct 18th
10:30-11:30am

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. We'll move through higher and lower intensity dance sequences to get you sweating and keep you motivated throughout. BollyX classes embody the infectious energy, expression, and movement of Bollywood all while providing a high calorie burning workout.

CLASSES FREE FOR MEMBERS + GUESTS

RSVP at Studiomix.com under "Find a Class"

INSTRUCTOR CERTIFICATION

Sun Oct 18th, 10am-6pm

Register at www.bollyx.com



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