



Three great Pulse8 Classes to choose from!

PULSE8 BODY TEMPLE YOGA

Pulse8 Body Temple is a sensual yoga dance workout with curvy bellydance isolations and deep power yoga poses. It improves flexibility and muscle tone for a firmer, sexier body. Exotic music spiced with Indian and Arabic flavours balance body and mind.

NEW PULSE8 SPECIAL CLASSES

Pulse8 Glow is specially modified for pregnancy and seniors and Pulse8 Zesty is fun for children!

PULSE8 CLUB BELLYDANCE

Pulse8 Body Club Bellydance is a lively bellydance workout full of shimmies, hip accents and hot dance sequences that are easy to follow. A dynamic cardio workout to pulse8ing club music, Club Bellydance improves poise, body confidence and celebrates women.

PULSE8 DANCEWEAR

Pulse8 Dancewear, sports tops and hip belts are available on-line or from your Pulse8 Instructor

PULSE8 POWER LATIN

Pulse8 Body Power Latin Cardio is a powerful workout with hot Latin samba, salsa and capoeira steps to energise the body and burn fat. Sweat it out in a rhythmic dance workout to the latest Afro-Latin club mixes. Strong, assertive high energy moves for empowerment.

YOUR PULSE8 INSTRUCTOR

