

EXCURSIONS, GUIDED TOURS, ANIMATION, BIEL/BIENNE

ZUMBA

Zumba® is a blend of aerobic exercise and predominantly Latin American dance elements. The mix of salsa, samba, merengue, reggaeton, and Brazilian dance movements is combined with aerobic basics, encouraging all participants to move to the hot rhythms. It's a complete workout with various low and high-intensity movement sequences that burn calories and are also fun. You just feel great afterwards!

OPENING HOURS

From 11 Mar 2024 to 30 Dec 2024
Monday - Sunday

19:00 - 20:00



CONTACT

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