

MONDAY

CUBAN SALSA CLASSES WITH OUDC (OXFORD UNIVERSITY), TEACHER: FABHIOLA

ST COLUMBA'S CHURCH,
ALFRED ST, OX1 4EH
Oxford

In the 14 high street, there is a CAFE NERO and opposite to it is Alfred Street, the church is on the right. The main doors are always open please come in. Alternatively, the back door is always open as well, it is next to a pub, just go to the end corner of Alfred Street and turn right.

Feel free to send me a PM on FB or text via WhatsApp 07861758583,
fabhiolacarpio@yahoo.co.uk

WEDNESDAY

ABSOLUTE BEGINNERS' SALSA COURSE, TEACHER: FABHIOLA.

It is an exciting salsa classes which will be taught in detail all the skills that you need to be able to dance on the dance floor. This course will be taught with **live percussion!**

You will learn:

- Musicality and body movement.
- Understanding the TIMING and connection between the music and steps.
- Understanding the essentials of the "SALSA/MAMBO" technique.
- Basic steps and figures in partnerwork.

Time: 7.30pm - 8.30pm Absolute Beginners Course. (please contact me for new course)

Price: £30 Full course (4 week) - drop in £8

Venue and how to get there:

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WEDNESDAY

REGULAR SALSA/MAMBO CLASSES, TEACHER: FABHIOLA.

Time: 8.30pm - 9.30pm Improvers/Intermediate and **FREE SOCIAL** 30 minutes

Price: £8 (£6 NUS card)

Venue and how to get there:

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ALFRED ST, OX1 4EH
Oxford

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THURSDAY

CUBAN SALSA CLASSES, TEACHER: FABHIOLA with Cubanísimo team.

Time:

8pm -9pm Beginner/improvers

9pm -10pm Intermediate

Price: £8 (£6 NUS card)

Venue:

East Oxford Conservative Club

62 James Street,

Oxford,

OX4 1EU

www.cubanissimo.co.uk

<https://www.facebook.com/groups/104727104132>

SATURDAY

WEEKEND WORKSHOP - MAMBO LADIES STYLING

ALL LEVELS ON2/MAMBO

COMING SOON!

- Body isolation and body movement for Salsa, an intensive warm up to make you ready for the class.
- Arms, hands, and arms exercises/technique, to develop a nice flow in right and left turns.
- Footwork, a combination of patterns with all the above creating small routines that I will be using for Ladies Styling Show in the future.

SUNDAY

WEEKEND WORKSHOP - AFRO CUBAN

ALL LEVELS

COMING SOON!

STEPS TO FOLLOW FOR ONLINE PAYMENTS

Payment: Fabhiola Carpio Oviedo, Sort: 20-26-21, Account: 20519766

Please remember to private message me when you have paid via bank transfer on WhatsApp/text 07861758583

Thank you for your support, and looking forward to seeing you in the class :)