

# Dance workout

**Lector:** Petra Kubinčiaková

**Course code:** ZKF209

The lessons consist of practicing various dancing styles – ladies dance, mtv dance, dancehall and others. As various step variations are not difficult, the course is intended to everyone that likes to actively move and dance. Individual lessons are complemented by strengthening the whole body with one's own weight as well as with the fitness equipment.

## Venue

Gym IB307

University of Economics - W. Churchill Sq. 1938/4, 130 67 Prague 3 – Žižkov,

[mapa](#)

