

EXCURSIONS, GUIDED TOURS, ANIMATION, BIEL/BIENNE

# ZUMBA

Zumba® is a blend of aerobics and predominantly Latin American dance elements. The mix of salsa, samba, merengue, reggaeton, and Brazilian dance moves is combined with aerobic basics, encouraging all participants to move to the upbeat rhythms. It's a complete workout featuring a variety of low and high-intensity movements, which burns calories while being fun at the same time. You'll feel amazing afterward!

## OPENING HOURS

From 22 Aug 2025 to 19 Dec 2025

Friday

18:30 - 19:30



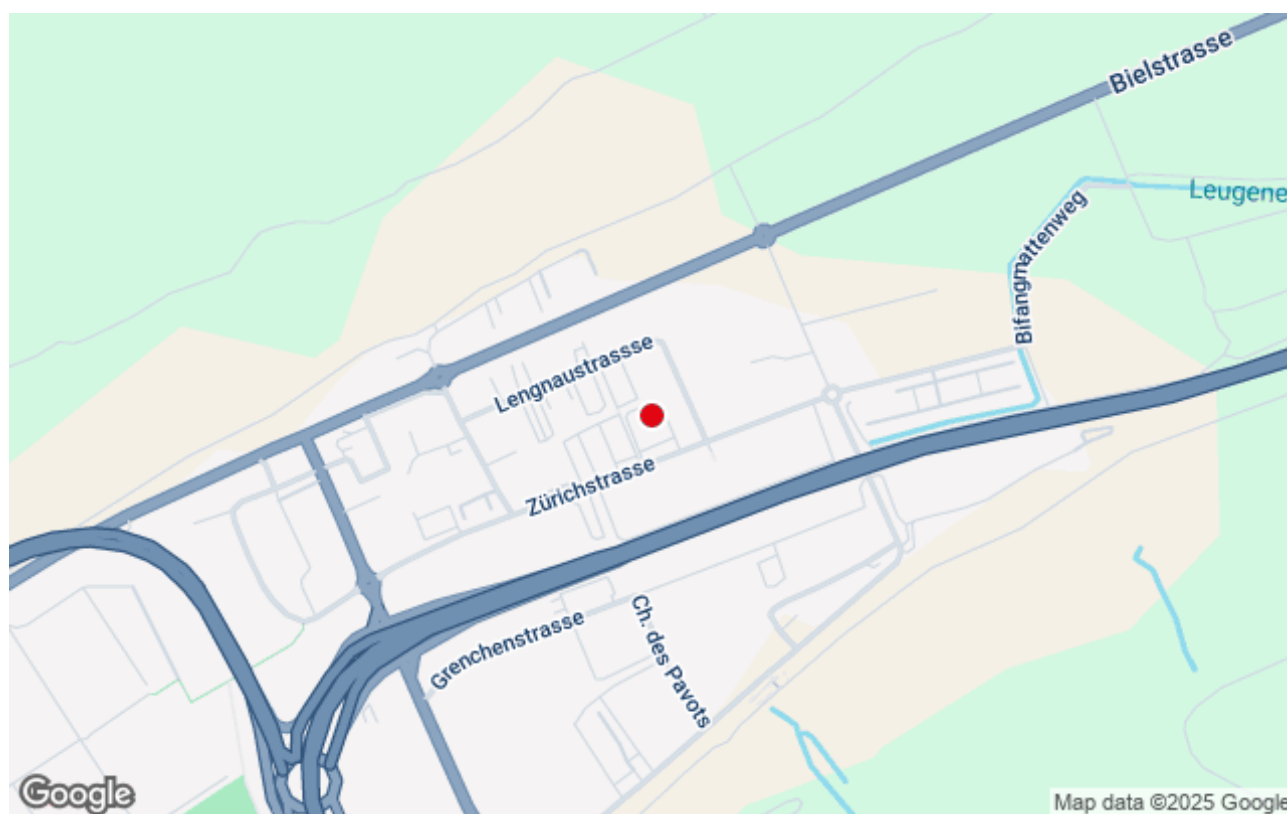
## CONTACT

Salsa in Biel GmbH

Zürichstrasse 23

2504 Biel/Bienne

salsainbiel.ch



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