

**2022-08-05**

**12:00:00 13:00:00**

&#120030;&#120029;&#120020; &#120035;&#120042;&#120055;&#120048;&#120056; TANGO STRONG . TRAINING WITH MARTIN

ONE TANGO Vienna, Martin Acosta contact@ONETANGO.at

ONE TANGO SCHÖNBRUNNERSTRASSE 58/10, 1040

ONE TANGO&#8203;

TANGOSTRONG

Starting Tuesday 15th March 2022

Tuesdays 12.00-13.00

Fridays 12.00-13.00

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Tango Strong is a discipline of movement, on one hand focused to maintain a healthy body and on the other to develop, strengthen and give flexibility to the body through typical movements of tango dance.

\*It is an individual work based training (no partner needed) for everyone, and especially Tango dancers who want to improve their physical condition.

Level 1: Basic steps, Dissociation and Pivot

Level 2: Voleos and Castigadas

Level 3: Jumps and Rolls

No partner needed.

18€/P

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