



**JOY ~ COMMUNITY ~ CELEBRATION**

**Unleash Your Inner Being –  
Feel the Beat of the Dhol!**

Masala Bhangra

- ~ easy-to-follow choreography
- ~ heart-throbbing beats
- ~ open to all fitness levels

[masalabhangraworkout.com](http://masalabhangraworkout.com)

**Masala  
Bhangra®**

**WALK OUT A BOLLYWOOD STAR!**