



**balle! balle!**

**masala** /mə'sälə/: spicy    **bhangra** /'baNG(g)rə/: dance

**Get your Bollywood groove on!**

Trainer:

Venue:

Date:

Contact:

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

**Masala  
Bhangra®**