Special Workshop
Latin Rhythm Class

Discover the vibrant rhythms of Latin dance with a two-hour class in a professional dance studio. Led by experienced dancer instructors, you'll master the art of salsa and bachata. Transportation to and from the studio ensures a convenient and enjoyable learning experience.

Learn SALSA

Discover the vibrant rhythms of Latin America in our exciting Salsa Dance Class! 🎶 Join us for an exhilarating experience where you'll learn the fundamentals of this passionate dance style.
Our expert instructors will guide you through the basic steps, hip-swaying movements, and captivating spins that make salsa so irresistible. 🕺💃 Whether you're a beginner or looking to sharpen your skills, our class welcomes all levels. So, put on your dancing shoes and get ready to spice up your life with the sizzle of salsa! 🔥👠

Learn BACHATA

Dive into the sultry world of Bachata in our immersive dance class! 🎶 Let our skilled instructors lead you through the romantic and rhythmic moves that define this sensual dance style.
Whether you're a novice or have some experience, our class is tailored to suit all levels. 🕺💃
You'll discover the magic of close connections, smooth footwork, and passionate twirls that make Bachata so enchanting. So, come join us and let the music sweep you off your feet! 🔥❤️👠

Special Workshop
Panamanian Cooking Class

Discover the flavors of Panama with a hands-on cooking class led by a professional chef in a dedicated cooking studio. Using fresh, locally sourced ingredients, you'll learn to prepare authentic Panamanian dishes and savor your delicious creations. It's a culinary experience that tantalizes your taste buds and immerses you in the heart of Panama's cuisine.



Menu Options 🍽️

Menu 1:

- Sancocho Panameño 🍲
- Tortita de Tasajo 🍢
- Arroz con Pollo 🍚
- Flan de Coco 🍮
- Choice of Beverage: 🍷🥤💧

Indulge in the rich flavors of Panama with our Menu 1. Start your culinary journey with a hearty Sancocho Panameño, a traditional chicken soup brimming with local ingredients. Next, savor the savory Tortita de Tasajo, a delicacy made from marinated beef. The main course features Arroz con Pollo, a delectable rice and chicken dish, and the meal concludes on a sweet note with Flan de Coco. You can pair this exquisite meal with your choice of wine, water, or sodas.

Menu 2:

- Canasta de Patacones Acevichados de Pulpo 🐙
- Carimañolas de Carne con Mayonesa de Cilantro 🫒
- Pollo en Palito en Salsa de Tamarindo 🍗
- Arroz con Guandú y Coco 🥥
- Flan de Coco (Dessert) 🍮

A delightful array of Panamanian delicacies. Begin with the Canasta de Patacones Acevichados de Pulpo, crispy plantain baskets filled with octopus ceviche. Carimañolas de Carne con Mayonesa de Cilantro follows, featuring meat-filled yucca fritters with cilantro mayonnaise. The Pollo en Palito en Salsa de Tamarindo takes center stage, with chicken skewers in a tangy tamarind sauce. Accompanied by Arroz con Guandú y Coco, a flavorful rice dish with pigeon peas and coconut, and finished with the sweet and creamy Flan de Coco for dessert.