




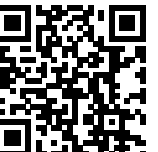






Pilates Yoga Tone Class



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-496237-z>



Mon 7 30pm, and Fri 9 30am. Mixture of Pilates/Yoga, Toning, Squeezing, Stretching the important bits of the body. Lots of core work to improve posture, + also support the back. Not forgetting leg lifts in so many variations, You will work hard!...Classes are 1hr. £5 .Location Warringlid, contact for venue. Private lessons too. trained Royal Ballet School, ex Porf dancer, Quailified.;

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