

## Stretch and Flexibility Classes - The G12 Studio - One of the UK039s Top Training Cer



Location Scotland, Renfrewshire https://www.freeadsz.co.uk/x-579127-z



## Stretch Classes

Have you ever wanted to do the splits? Or maybe you can and would like to get even bendier!

During these classes we will introduce you to safe and fun stretching methods for your legs, hips, shoulders, back and any other areas that you feel needs improvement.

We will work on front splits, box splits & backbends in a variety of different ways using both solo and partner-assisted stretching to increase muscle control, flexibility and range of motion.

Please wear some warm comfortable clothes that will be easy to stretch in-leggings, legwarmers, jumper & bring a hot water bottle to get full benefits of this.









Stotok and Floribility Ologopa	tps://www.freeadsz.co.uk/x-5791 7-z	K039s Top Trair	The G12 Studio - One of the	Stretch and Flexibility Classes
You on the second	/x-5791	Training	of the	Classes



Ż	www//:sc	ntre039s	(039s	he G12	retch ar	
	.freeadsz.c	S	Top	Studio -	nd Flexibi	
	os://www.freeadsz.co.uk/x-5791		Training	he G12 Studio - One of the	retch and Flexibility Classes	



7	tps://www	entre039s	K039s	The G12	tretch a	
	tps://www.freeadsz.co.uk/x-5	S	Top	The G12 Studio - One of	Stretch and Flexibility Clas	
	co.uk/x-5		Trair	One of	lity Clas	



7-7	nttps://www.f	Centre039s	JK039s	The G12	Stretch an	
	nttps://www.freeadsz.co.uk		Top -	The G12 Studio - One	Stretch and Flexibility (	



L	=	г.	-	-1	П
27-z	https://www.freeadsz.co.uk/x-5791	Centre039s	UK039s	- The G12 Studio - One of the	Stretch and Flexibility Classes
	eeadsz.cc		Top	Studio - (	Flexibilit
	.uk/x-5791		Training	One of the	y Classes



	Š		É	ļ, 7	
https://www.freea	Centre039s	UK039s To	- The G12 Stud	Stretch and Fle	

