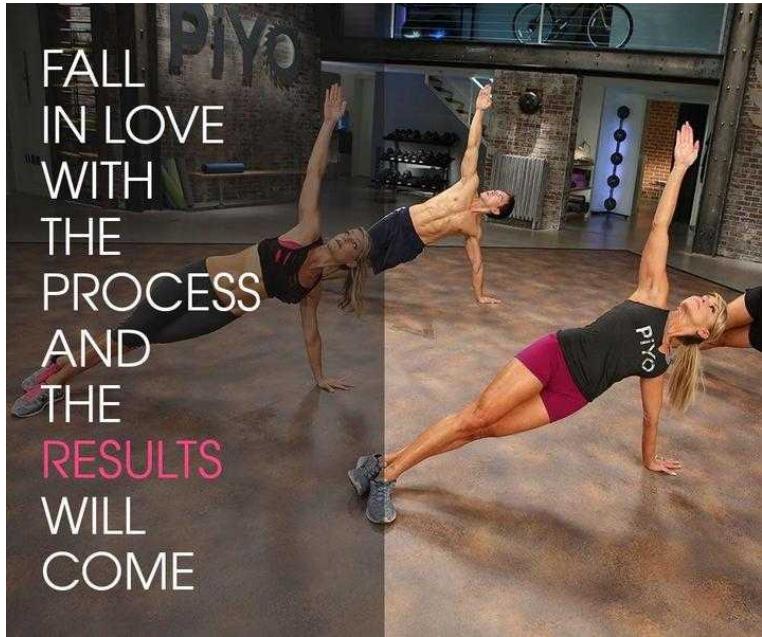


# PiYo Live Exercise Class



<https://www.freeadsz.co.uk/x-233911-z>

## South East, East Sussex

Location  
<https://www.freeadsz.co.uk/x-233911-z>

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. Monday's 6.30 - 7.15pm at Horam Village Hall £5 per.

**PiYo Live Exercise Class**  
<https://www.freeadsz.co.uk/x-233911-z>

**PiYo Live Exercise Class**  
<https://www.freeadsz.co.uk/x-233911-z>