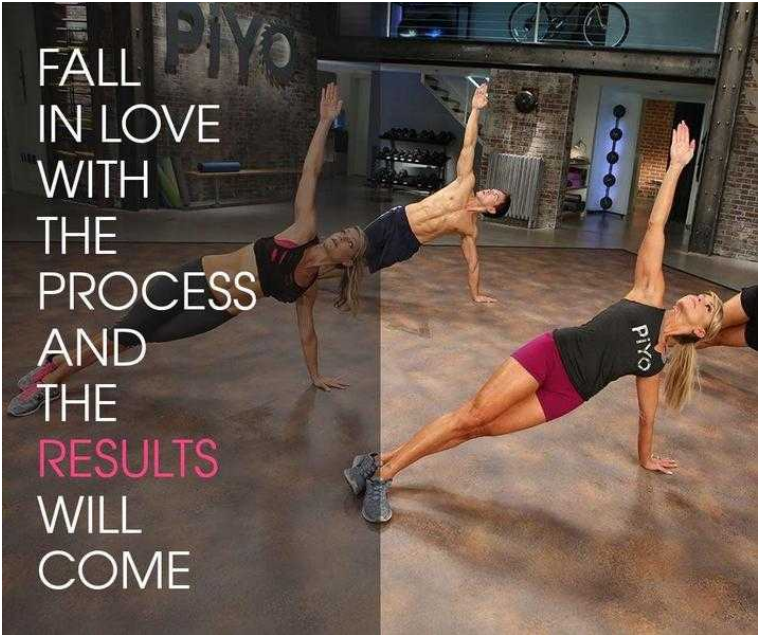


# PiYo Live Exercise Class



Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-388435-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 - 7pm at Horam Village Hall £3 per.



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