

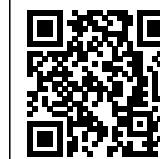
# Pilates Yoga Tone Class



Location

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

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



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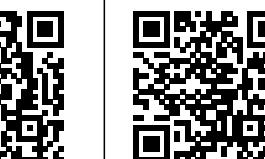
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