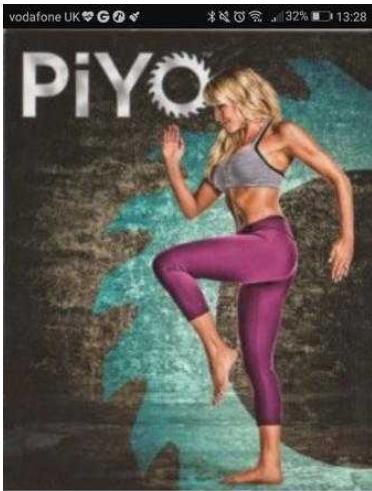


# PIYO (mixture of Pilates amp Yoga) Emerson Green Primary School (4 GBP)



FitnessBond.com

Comprehensive PiYo  
Review - Detailed And Im...

13:28

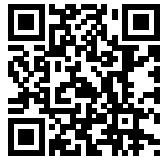
Location

**South West, Avon**<https://www.freeadsz.co.uk/x-569514-z>

Do you love Pilates and Yoga, but need a work out that's needs bit more oomph?

Then this is for you - there is no high impact workouts, just stretching and flexing. This is a fab all over body toning and strengthening your core muscles.

You will need to bring a yoga mat/or towel and water. can be done in trainers or bare feet or yoga socks. For further information contact Caroline 07946 201923 07946 2019... (click to reveal full phone)



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