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landing image

New Members Box

Benefits of Core Yoga

Core yoga is a great way to improve your core strength and stability. It can help you with posture, balance, and overall health. Core yoga is a great way to improve your core strength and stability. It can help you with posture, balance, and overall health. Core yoga is a great way to improve your core strength and stability. It can help you with posture, balance, and overall health.

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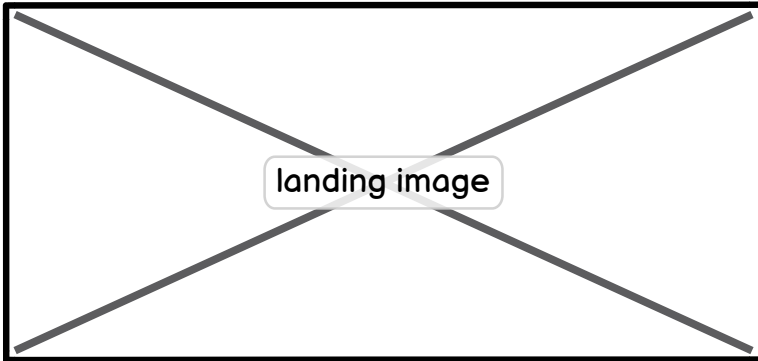


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Benefits of Core Yoga

Core yoga is a great way to improve your core strength and stability. It can help you with a variety of issues, including back pain, neck pain, and headaches. Core yoga can also help you with your posture and balance. It is a low-impact exercise that can be done by people of all ages and fitness levels.

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Class Timetable

Day	Time	Class	Location	Level	Duration
Monday	07.00	Core Yoga	Ranelagh	Beginner	1hr
Tuesday	07.00	Core Yoga	Ranelagh	Beginner	1hr
Wednesday	07.00	Core Yoga	Ranelagh	Beginner	1hr
Thursday	07.00	Core Yoga	Ranelagh	Beginner	1hr
Friday	07.00	Core Yoga	Ranelagh	Beginner	1hr
Saturday	07.00	Core Yoga	Ranelagh	Beginner	1hr
Sunday	Rest day				

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Class Timetable

Monday

07:00

Core Yoga

Ranelagh

Doclands

1hr

Tuesday

07:00

Core Yoga

Ranelagh

Ballsbridge

1hr

rest of week etc

Sunday

Rest Day

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Last Name

Email

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- ☐ Ballsbridge
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