

WORKSHOP PILATES

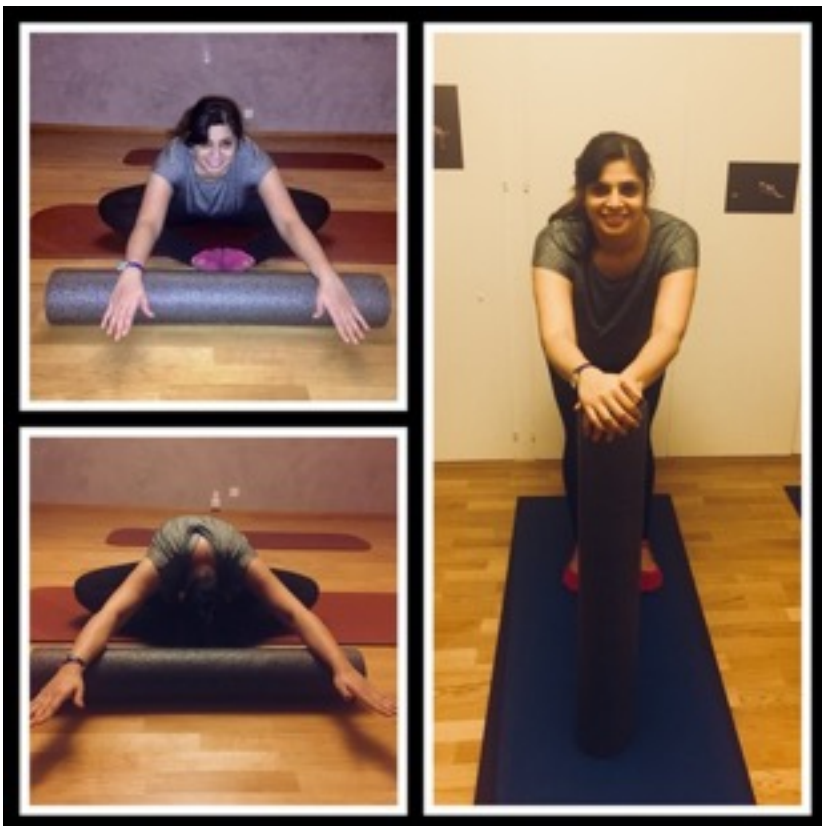


Foam Roller Full Body Workout

with Manali

Tuesday February 20th 2018

19:00 - 20:30
(english Workshop)



Foam roller is simple but effective equipment which helps in improving your body and reduces stress.

Foam Roller helps to increase circulation and improves mobility. It reduces muscles and joint pain and it increases flexibility.

I look forward to have you in my class.

Join and try !

Rate: 49 Fr.