September 17 - December 17, 2018

Mat Core Fusion Class

Company: IndoRican Multicultural Dance Project
Venue: Spaceworks
Location: Long Island City, NY

Mat Core Fusion Class combines passive stretching, body manipulation and abdominal work for a complete body workout. Get healthy, bring a friend and unlock your potential!

*MAT CORE FUSION IS A DONATION BASED CLASS. $10.00 DONATION. CASH ONLY
*PLEASE BRING A YOGA MAT FOR YOUR COMFORT
*LOCATION: SPACEWORKS 33-02 SKILLMAN AVE LIC, NY 11101
*TIME: STARTING OCTOBER 18 2018 MONDAYS 8:45AM-9:45AM

IndoRican Multicultural Dance Project
33-02 Skillman Avenue
Long Island City, NY, 11101

Schedule
September 17, 2018: 8:45am
September 24, 2018: 8:45am
October 1, 2018: 8:45am
October 8, 2018: 8:45am
October 15, 2018: 8:45am
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