

September 17 - December 17, 2018

## Mat Core Fusion Class

Company: IndoRican Multicultural Dance Project

Venue: Spaceworks

Location: Long Island City, NY

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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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