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- 15 Minute

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~~classical Pilates~~

~~Mat exercises~~ Flow

Mat - Pilates

Matwork Level 2 -

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~~40mins!~~ Full body
workout, tone and
shape the legs,
butt, abs Level 3
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1-15 minutes~~

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Matwork repertoire. Step-by-step instructions using anatomical terminology are provided for each exercise, including information on the focus of each exercise, specific muscles used and possible variations and modifications.

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Instructor Training:
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