

FREE 27 SEPT - 29 NOV FITNESS AND WELLNESS CLASSES

SOUTH BANK X *Goodlife.*
HEALTH CLUBS

CLASS PROGRAM

	AM	PM
Monday		5:30pm Zumba 6:30pm Body Attack
Tuesday	6:00am Yoga	5:30pm ABT 6:30pm Mat Pilates
Wednesday		5:30pm Zumba 6:30pm Body Balance
Thursday	6:00am Pilates	5:30pm Body Combat 6:30pm Yoga
Saturday	7:00am Yoga 8:00am Mat Pilates 9:00am Aqua	

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PROGRAM