

feel good

PROGRAM

FREE FITNESS & WELLNESS CLASSES

1 MARCH - 1 MAY 2025
SOUTH BANK

Class Program:

MONDAY

5:30pm ABT
6:30pm Mat Pilates

TUESDAY

6:00am Mat Pilates
5:30pm Body Combat
6:30pm Yoga

WEDNESDAY

5:30pm Zumba
6:30pm Body Balance

THURSDAY

6:00am Mat Pilates
5:30pm Body Attack
6:30pm Yoga

SATURDAY

7:30am Yoga
8:30am Mat Pilates
9:30am Aqua

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SOUTH BANK

SUPPORTING PARTNER
Goodlife.
HEALTH CLUBS