

4 SEP - 30 NOV
FLOWSTATE
SOUTH BANK
PARKLANDS

medibank feel good PROGRAM

FREE
FITNESS
CLASSES

Medibank Feel Good Program Class Timetable

MON	5:30–6:15pm	PILATES	THU	5:30–6:15pm	ZUMBA
	6:30–7:15pm	YOGA		6:30–7:15pm	BODY ATTACK
TUE	5:30–6:15pm	ABS, BUTTS & THIGHS	SAT	8:00–8:45am	PILATES
	6:30–7:15pm	BODY BALANCE		9:00–9:45am	YOGA FLOW
WED	5:30–6:15pm	BODY COMBAT		9:00–9:45am	AQUA*
	6:30–7:15pm	SH'BAM			

**Aqua held at the Boat Pool 9 – 23 September,
Streets Beach 30 September – 25 November*

PRODUCED BY



MAJOR
PARTNER



SUPPORTING
PARTNER

