



SUMMER TIMETABLE 2024

Our Summer Timetable is effective up until the Autumn Exquinox, on Wednesday 20th March 2024

	MON	TUE	WED	THU	FRI	SAT
6AM	SUNRISE SESSION Boxercise @City Beach with Nat (60mins)		SUNRISE SESSION Strength Workout@City Beach with Nat (60mins)		SUNRISE SESSION Mobility + Stretch @City Beach with Nat (60mins)	
9:15AM			ROLY POLY Pilates Posture - Foam Roller with Nat (60mins)	ARC DE PILATES Spinal Flow - Pilates Arc with Nat (60mins)		PILATES WONDERLAND Weekend Wind-Down with Nat (75mins)
10:15AM				STICKMOBILITY® Deep Stretch + Core with Nat (45mins)		
11AM						CLUB FIESTA Dance Fitness with Para (45mins)
12PM	YOGA SLOW FLOW Yoga for Back Health with Tanaya (45/60mins) *Starts Feb 5th				HAVE A BALL! Pilates Fitball with Nat (45/60mins)	ADULT HIP HOP Fun-ky Dance Routines with Para (60mins)
4PM	HAVE A BALL! Pilates Fitball with Nat (45mins) *Starts Feb 5th					
5:30PM		ADULT CONTEMPORARY DANCE Beginner Moves + More with Para (60mins)	ARC DE PILATES Spinal Flow - Pilates Arc with Nat (60mins)			



*TEXT NAT TO RSVP/BOOK YOUR CLASS: 0421 818 805 | MINDBODYHEART.COM.AU

Summer Special Events & Curious Courses

YOGA COURSES

DETOX YOGA | 1WK MORNING INTENSIVE with Mavra
MONDAY 26TH FEB - FRIDAY 4TH MARCH | 6AM-7AM

COURSE: \$99 OR *JOIN OUR 1 MONTH UNLIMITED \$99*
MBH CARD: 5 HEARTS | FREE FOR MEMBERS

YOGA WORKSHOPS

RESTORATIVE YOGA FLOW | with Mavra
WEDNESDAY 24TH JANUARY | 11:45AM-1:15PM
WEDNESDAY 24TH JANUARY | 2:15PM-3:45PM

YOGA + ART | YOGA & LIFE DRAWING
FRIDAY 15TH MARCH | 6PM-9PM | with Mavra

MBH CARD: 5 HEARTS | FREE FOR MEMBERS
MBH CARD: 3 HEARTS (\$55) | *4+1 FREE PACK*: \$236

*Packs can also be used on Sound Sessions & Movement by Candlelight

***TO ENQUIRE/RSVP/BOOK
TEXT NAT ON: 0421 818 805
VISIT OUR WEBSITE
MINDBODYHEART.COM.AU**

SOUND & VIBRATION JOURNEYS

MONTHLY MOON & SEASONAL SOUND CEREMONIES

SUN 21ST JAN | JANUARY FULL MOON | 5:30PM-7:30PM
SUN 25TH FEB | FEBRUARY NEW MOON | 5:30PM-7:30PM
TUE 19TH MAR | AUTUMN EQUINOX EXTRAVAGANZA |
6:30PM-8:30PM | with Julian & Nat

SINGLE: \$59 / \$49 MEMBERS | DUO: \$100 |
MBH CARD: 3 HEARTS (\$55) | *4+1 FREE PACK*: \$236

*Packs can also be used on Yoga Workshops & Movement by Candlelight

MOVEMENT BY CANDLELIGHT

MONTHLY MOVEMENT MASTERCLASSES | 6PM-8:30PM

FRI 23RD FEB | FEBRUARY NEW MOON
FRI 22ND MAR | AUTUMN EQUINOX EXTRAVAGANZA

SINGLE: \$59 / \$49 MEMBERS | DUO: \$100 |
MBH CARD: 3 HEARTS (\$55) | *4+1 FREE PACK*: \$236

*Packs can also be used on Sound Sessions & Yoga Workshops

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