



WINTER TIMETABLE 2024

Our Winter Timetable is effective up until the Spring Exquinox, Sunday 22nd September 2024

	MON	WED	THU	FRI	SAT	SUN
6AM	BEACH FITNESS Boxing @City Beach with Nat	BEACH FITNESS Workout @City Beach with Nat		BEACH FITNESS Mobility @City Beach with Nat		
9:30AM		ROLY POLY Pilates Foam Roller with Nat	ARC DE PILATES Pilates Arc -Spinal Flow with Nat (45mins)		PILATES WONDERLAND Weekend Wind-Down with Nat	MINDFUL MOBILITY Stretch Fusion with Nat
10:30AM			STICKMOBILITY® Deep Stretch + Core with Nat (45mins)			
11AM					CLUB FIESTA Dance Fitness with Para (45mins)	
12PM	SLOW YOGA FLOW Yoga for Back Health with Tanaya (Term 3)				ADULT HIP HOP Fun!ky Dance Routines with Para	
5:30PM		ARC DE PILATES Pilates Arc -Spinal Flow with Nat				

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

MIND BODY HEART PTY LTD / ABN: 35 162 390 721

67 Plaistowe Mews, City West Centre, West Perth, 6005 / natalie@mindbodyheart.com.au / +61421818805





Winter Special Events

SOUND & VIBRATION JOURNEYS

MONTHLY WINTER CACAO & SOUND CEREMONIES

SUN 21ST JULY | JULY FULL MOON | 5:30PM-7:30PM
SUN 18TH AUG | AUGUST FULL MOON | 5:30PM-7:30PM
with Julian & Nat

SINGLE: \$59 | DUO: \$100 | SOUND PACK (4+1 FREE): \$236

*Packs can also be used on Yoga Workshops & Movement by Candlelight
MBH MEMBERS: \$49 | MBH CARD HOLDERS: 3 HEARTS

MOVEMENT BY CANDLELIGHT

MOVEMENT MASTERCLASSES

SAT 3RD AUG | AUGUST NEW MOON | 5PM-7PM

**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

***TO ENQUIRE/RSVP/BOOK TEXT NAT ON: 0421 818 805**

VISIT OUR WEBSITE: MINDBODYHEART.COM.AU

MIND BODY HEART PTY LTD / ABN: 35 162 390 721

67 Plaistowe Mews, City West Centre, West Perth, 6005 / natalie@mindbodyheart.com.au / +61421818805

MINDBODYHEART.COM.AU    

