



FITNESS ALL THE WAY TO CHRISTMAS!

Our Spring/Summer Timetable is effective from 14th of Oct until the Summer Solstice, Saturday 21st December 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	SUNRISE SESSION Boxing @City Beach with Nat		SUNRISE SESSION Circuit @City Beach with Nat		SUNRISE SESSION Mindful Mobility @City Beach with Nat		
8AM							MINDFUL MOBILITY Stretch Fusion with Nat
9:30AM			ROLY POLY Pilates Foam Roller & Release with Nat	ARC DE PILATES Pilates Arc -Spinal Flow with Nat		PILATES WONDERLAND Weekend Wind-Down with Nat	
12PM	SLOW YOGA FLOW Yoga for Back Health with Tanaya (Term 4)						
5:30PM		ROLY POLY Pilates Foam Roller & Release with Nat	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 / 0421 818 805





Spring/Summer Special Events

10 WEEKS OF CLASSES FOR XMAS!

CHRISTMAS CLASS CHALLENGE

\$10 | 10 WEEKS | 10 CLASSES PER WEEK | \$100

FREE FOR MBH MEMBERS | 14TH OCT - 22ND NOV

SOUND & VIBRATION JOURNEYS

MONTHLY SOUND HEALING CEREMONIES

- SPECIAL OUTDOOR TWILIGHT ADVENTURE -
SAT 19TH OCT | OCTOBER FULL MOON | 4PM-9:30PM

- IN HOUSE STUDIO SESSIONS -
SUN 17TH NOV | NOVEMBER FULL MOON | 5:30PM-7:30PM
SUN 15TH DEC | DECEMBER FULL MOON | 5:30PM-7:30PM
with Julian & Nat

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

BODY BOOK CLUB

4 WEEK MOVEMENT EXPLORATION FOR MENTAL,
PHYSICAL & EMOTIONAL WELLBEING

SUNDAYS 3RD-24TH NOVEMBER | 9:30AM-11AM

COURSE \$99 | DUO: \$150 | FREE FOR MBH MEMBERS

SUMMER SOLSTICE SOIREE

MBH MEMEBERS ONLY FESTIVE CELEBRATION

SUN 22ND DECEMBER | 4PM ONWARDS

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

**VISIT OUR WEBSITE:
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