



HAPPY NEW WELLNESS YEAR!

Summer Timetable for January 2025

	MON	TUE	WED	THU	FRI	SAT
6AM	SUNRISE SESSION Boxing @City Beach with Nat		SUNRISE SESSION Workout @City Beach with Nat		SUNRISE SESSION Mindful Mobility @City Beach with Nat	
9:30AM			ROLY POLY Pilates Foam Roller Balance & Release with Nat	ARC DE PILATES Pilates Arc -Spinal Flow with Nat		PILATES WONDERLAND Weekend Wind-Down with Nat
5:30PM		ROLY POLY Pilates Foam Roller Balance & Release with Nat	ARC DE PILATES Pilates Arc -Spinal Flow with Nat			

*BOOK YOUR CLASS VIA TEXT TO NAT: 0421 818 805 |

MINDBODYHEART.COM.AU  

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