



OUTDOOR CLASS TIMETABLE 1ST MAR - 31ST MAY 2022
\$20 Casual or \$99 for One Month of Unlimited Classes!

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Yoga in the Park Detox Yoga with Mavra @Lake Monger	Yoga in the Park Detox Yoga with Mavra @Lake Monger	Beachside Sunrise Session with Nat @City Beach	Beachside Sunrise Session with Nat @City Beach	Beachside Sunrise Session with Nat @City Beach		
7am						Boxing in the Park with Nat @Lake Monger	Yoga in the Park Detox Yoga with Mavra @Lake Monger
8:15am						Stickmobility® in the Park Mobility with Nat @Lake Monger	Stickmobility® in the Park Mobility with Mavra @Lake Monger
9:30am			Pilates in the Park Pilates Foam Roller with Nat @Lake Monger	Pilates in the Park Pilates Mat with Nat @Lake Monger	Stickmobility® in the Park Mobility with Nat @Lake Monger	Pilates in the Park Pilates Mat with Nat @Lake Monger	
5:30pm				Pilates in the Park Pilates Arc with Nat @Lake Monger			

***PLEASE CONFIRM YOUR ATTENDANCE WITH A TEXT MESSAGE TO NAT OR MAVRA**

***Please allow a minimum of 2hours notice before class (let us know even if it's a "maybe")**

Classes with Nat text: 0421818805 / Classes with Mavra (*BYO Mat*) text: 0438546445

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

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

MINDBODYHEART.COM.AU    

