

16BEACHWELLNESSTUDIO TIMETABLE

|                                                 |                                    |          |                                         |                                    |          |  |                                    |
|-------------------------------------------------|------------------------------------|----------|-----------------------------------------|------------------------------------|----------|--|------------------------------------|
|                                                 |                                    |          |                                         |                                    |          |  |                                    |
| 412 TASMAN DR RYE VICTORIA 3941<br>0491 203 991 |                                    |          | CLASSES RUNNING BASED ON BOOKED NUMBERS |                                    |          |  |                                    |
| STUDIO 1                                        |                                    |          |                                         |                                    |          |  |                                    |
|                                                 |                                    |          |                                         |                                    |          |  |                                    |
|                                                 | 5.45AM                             | 6.30AM   | 8.15AM                                  | 9.15AM                             | 10.15AM  |  | 5.30PM                             |
| MONDAY                                          | PILATES MAT                        |          | PILATES MAT                             | PILATES MAT                        |          |  | Total Gym ELEVATE<br>Super Circuit |
| TUESDAY                                         | Total Gym ELEVATE<br>Super Circuit |          |                                         | Total Gym ELEVATE<br>Super Circuit |          |  | ARC                                |
| WEDNESDAY                                       | ARC                                |          |                                         | ARC                                |          |  | PILATES MAT                        |
| THURSDAY                                        |                                    |          |                                         | PILATES MAT/BARRE<br>FUSION        |          |  | SETS AND REPS                      |
| FRIDAY                                          | STUDIO 2                           | STUDIO 2 | STUDIO 2                                | STUDIO 2                           | STUDIO 2 |  |                                    |
| SATURDAY                                        |                                    |          | STUDIO 2                                | STUDIO 2                           | STUDIO 2 |  |                                    |
| SUNDAY                                          |                                    |          | VIBE                                    |                                    |          |  |                                    |

16BEACHWELLNESSTUDIO TIMETABLE

|                                                 |                                |                                |                                         |                                |                                    |  |        |
|-------------------------------------------------|--------------------------------|--------------------------------|-----------------------------------------|--------------------------------|------------------------------------|--|--------|
|                                                 |                                |                                |                                         |                                |                                    |  |        |
| 412 TASMAN DR RYE VICTORIA 3941<br>0491 203 991 |                                |                                | CLASSES RUNNING BASED ON BOOKED NUMBERS |                                |                                    |  |        |
| STUDIO 2                                        |                                |                                |                                         |                                |                                    |  |        |
|                                                 |                                |                                |                                         |                                |                                    |  |        |
|                                                 | 5.45AM                         | 6.30AM                         | 8.15AM                                  | 9.15AM                         | 10AM                               |  | 5.30PM |
| MONDAY                                          |                                |                                |                                         |                                |                                    |  |        |
| TUESDAY                                         |                                |                                |                                         | VITALITY LAB Coming            |                                    |  |        |
| WEDNESDAY                                       |                                |                                |                                         |                                |                                    |  |        |
| THURSDAY                                        |                                |                                |                                         | VITALITY LAB Coming            |                                    |  |        |
| FRIDAY                                          | FUSION<br>PERFORMANCE:<br>FLOW | FUSION<br>PERFORMANCE:<br>FLOW | FUSION<br>PERFORMANCE:<br>FLOW          | FUSION<br>PERFORMANCE:<br>FLOW | FUSION<br>PERFORMANCE:<br>FLOW     |  |        |
| SATURDAY                                        |                                |                                | FUSION<br>PERFORMANCE:<br>POWER         | FUSION<br>PERFORMANCE:<br>FLOW | FUSION<br>PERFORMANCE:<br>LENGTHEN |  |        |
| SUNDAY                                          |                                |                                |                                         |                                |                                    |  |        |