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ELIIT

timetable

- yoga & pilates
- antigravity® / aerial fitness
- personal training

Shop 8, 346 Galston Rd
 Galston, NSW 2159

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am			AntiGravity Pilates 60 mins			
7:15am						
7:30am						AntiGravity Intermediate 60min
9am	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	AntiGraity Beginners 60min
9:30am	Yoga Flow 60 mins				Yoga Flow 60mins	
10:45a m					Mat Pilates 60mins	
10am			Mat Pilates 60mins			
4pm		Parents & kids 60mins	Parents & Kids 60mins			
4:30pm	Yoga Fundamentals 60 mins					Workshops
6pm	Yoga Flow 60mins	AntiGravity Beginners 60min	AntiGravity Intermediate 60min		AntGravity Restorative 75mins	
6:30pm				Heated Yoga Flow 75mins		
7:15pm	Yin Yoga 60mins	AntiGravity Restorative 60min	AntiGraity Fitness General 60min			
7:45pm				Guided Meditation 30mins		