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timetable

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

Shop 8, 346 Galston Rd
 Galston, NSW 2159

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am			AntiGravity Pilates 60 mins			
7:00am						AntiGravity Intermediate 60 mins
8:15am						Pilates Fit 60 mins
9:30am	Yoga 60 mins				Yoga Flow 60 mins	AntiGravity Beginners 60 mins
10:00am			Mat Pilates 60 mins			Workshop
10:45am					Mat Pilates 60 mins	Workshop
4:00pm						Workshop
4:30pm						
5:30pm						Workshop
6:00pm	Yoga Flow 60 mins	AntiGravity Beginners 60 mins	AntiGravity Intermediate 60 mins		AntGravity Restorative 60 mins	Workshop
6:30pm				Yin Yang Yoga 90 mins		
7:15pm	Yin Yoga 60 mins	Pilates 60 mins	AntiGraitly Fitness (General) 60 mins			
7:45pm						