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ELIIT

timetable

- yoga & pilates
- anti-gravity® / aerial fitness
- boxing / kick boxing
- 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	Yogalates 60mins		Pilates Circuit 60mins		Pilates Circuit 60mins	AntiGravity Intermediate 60 mins
8:15am						Mat Pilates 60 mins
9:15am			Pre / Post Pregnancy 45 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
2:00pm				Pre / Post Pregnancy 45mins		
4:00pm						Workshop
6:00pm	Yoga Flow 60 mins	AntiGravity Intermediate 60 mins			Yin with sound bowls 60 mins	Workshop
6:15pm				Yin Yang Yoga 90mins	(6pm) AntiGravity Restorative one Fri each month 60mins	
6:30pm			HIIT 45mins			
7:15pm	Yin Yoga 60 mins	AntiGravity Beginners 60 mins	Mat Pilates 60 mins			

