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ELIIT

timetable

- yoga & pilates
- anti-gravity® / aerial fitness
- HIIT / Barre
- 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	HIIT drop in					Mat Pilates 60 mins
9:15am	HIIT drop in					
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
12 noon	AntiGravity General 60mins					
4:30pm				HIIT drop in 4:30 - 6pm		Workshop
6:00pm		AntiGravity Intermediate 60 mins		Barre 60mins	AntiGravity Restorative 60mins 2nd & 4th Friday	Workshop
6:15pm	Functional Flow +yin 75mins					
6:30pm			HIIT 45mins			
7:15pm		AntiGravity Beginners 60 mins	Mat Pilates 60 mins			