

NEW MUSIC. NEW MOVES. NEW FRIENDS.

GROUP FITNESS FEVER

REGISTER
MATES TRAIN
FOR FREE
AT RECEPTION

LES MILLS LAUNCHES
MONDAY 16TH – SATURDAY 21ST APRIL

MONDAY 6:30PM
SPRINT — JACQUI

TUESDAY 6:15PM
BODYCOMBAT 45 —
JADE/KARAN

TUESDAY 7:00PM
BODYATTACK 100 —
JADE/KARAN
(YOGA WILL START 15 MINS LATE
ON THIS TUESDAY ONLY)

WEDNESDAY 9:30AM
BODYPUMP — TESSA

WEDNESDAY 5:45PM
CXWORX — DEAN

WEDNESDAY 6:30PM
RPM — BEN

FRIDAY 6:30PM
SH'BAM — TINA

SATURDAY 10:00AM
BODYBALANCE — KARAN



SOUTH PACIFIC
HEALTH CLUBS

NUNAWADING

Level 1, Home HQ, 372-394 Whitehorse Road,
Nunawading

