



GROUP EXERCISE CLASS TIMETABLE

0430 052 561
 info@mindbodymotion.com.au
 www.mindbodymotion.com.au

TIME	MON	TUES	WED	THU	FRI	SAT
6:00am	HIGH INTENSITY West Pennant Hills <i>Specific dates only - 40 min classes</i>		SHAPE & SCULPT West Pennant Hills	HIGH INTENSITY West Pennant Hills <i>Specific dates only - 40 min classes</i>	SHAPE & SCULPT Epping	
6:30am						SHAPE & SCULPT West Pennant Hills
7:15am			SHAPE & SCULPT West Pennant Hills			
9:00am	SHAPE & SCULPT Epping					
6:00pm	SHAPE & SCULPT West Pennant Hills		SHAPE & SCULPT West Pennant Hills			
7:15pm	SHAPE & SCULPT Marsfield					
7:30pm			STABILITY & STRENGTH Epping <i>Specific dates only - 45 min classes</i>			

- * Class timetable is current as from October 2020
- * All classes are conducted outdoors. When raining they will be conducted undercover.
- * All participants are required to bring a towel and a water bottle to every class.
- * All classes run for 60 mins, unless otherwise specified.
- * Certain classes run for a specified set of dates.

LOCATIONS

EPPING - Epping Oval, Norfolk Road, S&S: North Epping Guides Hall, Boundary Road
 WEST PENNANT HILLS - George Thornton Reserve, View Street
 MARSFIELD - Waterloo Oval, Waterloo Road

NOTE: Timetable and classes are subject to change without notice
Stability & Strength Wednesday & High Intensity Monday/Thursday classes are separate programs to our normal classes. They are not included in any promotional deals.