



MINDFUL BODY FITNESS & MASSAGE
WITH CHERYL

PH: 0402 647 907

Mindful Body Fitness & Massage

Group Fitness Timetable

\$10 per session OR \$25 per week

***SPECIAL OFFER FOR FITNESS STUDIO MEMBERS: \$5 PER SESSION!**

Please phone Cheryl to confirm your booking

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM Bootcamp	6:30AM HIIT	6AM Boxing	6:30AM HIIT		8AM Boxing	9AM Boxing
7PM HIIT			7PM Bootcamp			

*The Rotunda is located next to Eden Hills CFS at Karinya Rotary Park