

COME CELEBRATE OUR 24th BIRTHDAY!

OPEN WEEK TIMETABLE

More than just a gym!

MOVE

RECOVER

NOURISH

CONNECT

Click to Book!

Regular classes open three days before each class

	Mon 19 Oct	Tue 20 Oct	Wed 21 Oct	Thur 22 Oct	Fri 23 Oct	Sat 24 Oct	Sun 25 Oct	
AM	<u>7:00am-8:00am</u> <u>Lift Like You Mean It X ASN</u>	<u>6:30am-7:30am</u> <u>Adult Swim Squad</u>	<u>6:30am-7:30am</u> <u>Adult Swim Squad</u>	<u>7:00am-8:00am</u> <u>Sound Bath X Spring Retreat</u>	<u>9:30am-10:30am</u> <u>Barre X The Australian Ballet</u>	<u>9:30am-10:15am</u> <u>Spin & Sweat X FLCK</u>	<u>9:30am-10:30am</u> <u>The Elixir Reset X Spring Retreat</u>	
	<u>8:00am-10:00am</u> <u>Sports Nutrition Tastings with ASN</u>		<u>7:30-9:30am</u> <u>Performance Drinks Tastings with FLCK</u>			<u>10:00am-12:00pm</u> <u>The Athlete’s Foot Test Wear Kit</u>	<u>9:30am-11:00am</u> <u>1-1 Reflexology Taster Sessions</u>	
	<u>8:30am-9:30am</u> <u>Wall Yoga for Beginners</u>	<u>8:30am-9:30am</u> <u>Women’s Strength Workshop</u>	<u>9:15am-10am</u> <u>Reformer Pilates X FLCK</u>	<u>8:00am-10:00am</u> <u>Healthy Breakfast Tastings with BettaYou</u>		<u>11:45am-12:45pm</u> <u>How to Stay Well for Longer</u>	<u>9:45am-10:30am</u> <u>Breakfast & Beds X Leaf Cafe</u>	
							<u>11:00am-12:00pm</u> <u>Eating For Vitality</u>	
PM	<u>6:45pm-7:30pm</u> <u>Adult Swim Squad</u>	<u>12:00pm-3:30pm</u> <u>1-1 Osteopathy Sessions X The Movement Philosophy</u>	<u>5:00pm-7:00pm</u> <u>Sports Nutrition Tastings with ASN</u>	<u>12:45pm-1:30pm</u> <u>Adult Swim Squad</u>	<u>5:30pm-6:30pm</u> <u>Birthday Dance</u>	<u>12:00pm-1:00pm</u> <u>Move Better: Mobility Workshop X The Movement Philosophy</u>	<u>11:00am-12:00pm</u> <u>Elixir Expert Panel X The Movement Philosophy</u>	
				<u>5:00-5:45pm</u> <u>Elixir School of Pilates Skills Lab</u>				
	<u>7:30pm-8:30pm</u> <u>Groove Steppers Special Dance</u>	<u>5:30pm-6:15pm</u> <u>Runner’s Strength Lab with The Athlete’s Foot X MyChiro</u>	<u>6:30pm-7:30pm</u> <u>Guided Stretch with myofascial balls</u>	<u>5:30pm-6:15pm</u> <u>Vitality</u>			<u>1:00pm-2:00pm</u> <u>Nervous System Reset</u>	<u>1:15pm-5:00pm</u> <u>1-1 Reflexology Taster Sessions</u>
				<u>5:45pm-6:30pm</u> <u>Pilates X Strength X LSKD</u>				

Plus 250+ Weekly Pilates, Yoga & Fitness classes for you to try!