WELLNESS TIMETABLE NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLUE - special Wellness Month events YELLOW - Don't miss! Bookings essential. DARK BLUE - Bookings essential.		01 9am - 10am Smoothies by PTs	02	03 7.30am Perfect Pelvic Floor Masterclass	04 8.30am LES MILLS WORKSHOP	05
06 6.30am Restore & Renew Masterclass	07	08	09 6.45pm Aroma Therapy & Yoga Nidra Masterclass	10 9.30am Foam Roller Workshop	11 8.30am - 11.30am 3 HOURS MINI RETREAT	12
13 5.30pm Foam Roller Workshop	14 5.45pm Awareness Masterclass	15 9.30am Inversion Masterclass	16 4pm - 6pm Xtreme Fuel Free Tastings	17 5.45pm Restore & Renew Masterclass	18	19 8.30am Yoga in the park
20 10.30am Mindfulness Yoga Masterclass	21	22 6.45pm Mindfulness Yoga Masterclass	23	24 9.30am Kinesiology/Yoga Restorative Masterclass	25 7.30am Yoga in the park	26
27	28 4pm - 5pm Smoothies by PTs	29	30 9.30am Awareness Masterclass			

Wellness MONTH

SOUTHPORT SHARKS health+fitness 24/7

Call **(07) 5591 5800** or visit reception for more information. SharksFitness SharksFitnessCentre | sharksfitness.com.au