

**SOUTH BANK
PARKLANDS
& THE CITY**

**28 SEP-
28 NOV**

medibank
FEEL GOOD
PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
7:00 – 7:30AM		Barre	Tai Chi (6:45–7:30am)	Bootcamp	
8:00 – 8:45AM					Yoga
9:15 – 10:00AM			Mums & Bubs		Aqua
5:30 – 6:15PM	Yoga	Pilates Yoga	Energy Pilates	Zumba® Yoga	
6:30 – 7:30PM		Latin Fitness	Bollywood Dancing	Ballroom Dancing	

 = South Bank  = The City

BOAT POOL - Aqua

PIAZZA - Ballroom Dancing, Bollywood Dancing, Latin Fitness

RAINFOREST GREEN - Barre, Bootcamp, Energy, Mums & Bubs, Pilates, Tai Chi, Yoga & Zumba®

QUEENS GARDENS (next to Treasury Casino & Hotel) - All City Classes