

30th Birthday FREE CLASS Timetable



Join us in celebration of our 30th Birthday!


Classes included within this timetable are FREE of charge. Spaces are limited, and bookings are essential.

Book via noosaleisurecentre.com.au

Free classes will take place only within the month of November, and bookings are non transferrable .

All classes run for 60 minutes.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30					Yoga Flow	
7:00						Yoga
7:45	Chair Yoga					
9:15			Mums Core Foundation			
9:30						Soulfit Dance
10:15					Mum + Bubs Pilates	
11:00		Yoga		Stretch, Flow, Mobility		
11:45						
12:00		Soulfit Dance				
17:00				Fitbarre		



*indicates Mums class only, Child Friendly.