

# MICKYS

## MIND BODY

7/1637 Main Road, Research VIC 3095

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15am							
6.00am	REFORMER PILATES	REFORMER PILATES BRON	REFORMER PILATES LARA	REFORMER PILATES EBONY	REFORMER PILATES LARA		
7.00am							
8.00am		MAT PILATES MICHELLE				8.00 am	
						REFORMER PILATES MANDEE	REFORMER PILATES EBONY
9.10am	REFORMER PILATES	REFORMER PILATES MICHELLE	REFORMER PILATES LARA	REFORMER PILATES	REFORMER PILATES LARA	9.00 am	
						REFORMER PILATES MANDEE	REFORMER PILATES EBONY
10.10am	YOGA VINYASA ESTHER	YOGA VINYASA MICHELLE	MAT PILATES LARA		REFORMER PILATES LARA	10.00am	
						MAT PILATES MANDEE	YOGA VINYASA ESTHER
11.10am	MEDITATION (20MIN) ESTHER			SCULPT ESTHER	YOGA VINYASA ANDJELA	11.00am	
		REFORMER PILATES MICHELLE				YOGA VINYASA ANDJELA	MEDITATION (20MIN) ESTHER
12.00pm		REFORMER PILATES MICHELLE				MEDITATION (20MIN) ANDJELA	
12.10pm					MEDITATION (20MIN) ANDJELA		
4.00pm							
5.00pm							YOGA FLOW & RESTORE MELINDA
6.00pm	REFORMER PILATES LARA	REFORMER PILATES BRON	YOGA HATHA ESTHER				
7.00pm	REFORMER PILATES LARA	REFORMER PILATES BRON	REFORMER PILATES DARCY	YOGA VINYASA ALANNA			
8.00pm	YOGA HATHA AMELIA	YOGA VINYASA MELINDA					

26/11/2022



Class bookings are made through the Mindbody app  
Download the app and search for 'Micky's Mind Body'