

MICKYS

MIND BODY

7/1637 Main Road, Research VIC 3095

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15am							
6.00am	REFORMER PILATES ELLIE	REFORMER PILATES BRON		REFORMER PILATES EBONY	REFORMER PILATES ELLIE		
7.00am							
8.00am		MAT PILATES MICHELLE				8.00 am	
							REFORMER PILATES EBONY
9.10am	REFORMER PILATES ELLIE	REFORMER PILATES MICHELLE	REFORMER PILATES CALLIE	REFORMER PILATES CALLIE	REFORMER PILATES ELLIE	9.00 am	
						REFORMER PILATES JEAN	
10.10am	YOGA VINYASA ESTHER	YOGA VINYASA MICHELLE			REFORMER PILATES ELLIE	10.00am	
						MAT PILATES JEAN	YOGA VINYASA ESTHER
11.10am	MEDITATION (20MIN) ESTHER				YOGA VINYASA AMELIA	11.00am	
						YOGA VINYASA ANDJELA	MEDITATION (20MIN) ESTHER
12.10am					MEDITATION (20MIN) AMELIA	MEDITATION (20MIN) ANDJELA	
4.00pm							
5.00pm							
6.00pm		REFORMER PILATES BRON	YOGA HATHA ESTHER				
7.00pm	REFORMER PILATES CALLIE		REFORMER PILATES DARCY	YOGA VINYASA ALANNA			
8.00pm	YOGA HATHA NADIN	YOGA VINYASA MELINDA					

13/06/2022



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