

# 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 DARCY	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		MAT PILATES MEL	REFORMER PILATES ELLIE	10.00am	
						MAT PILATES JEAN	YOGA VINYASA ESTHER
11.10am	MEDITATION (20MIN) ESTHER				YOGA VINYASA TILLY	11.00am	
						YOGA VINYASA	MEDITATION (20MIN) ESTHER
12.10am					MEDITATION (20MIN) TILLY	MEDITATION (20MIN)	
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	MAT PILATES DARCY				

01/03/2022