

# MICKYS

## MIND BODY

7/1637 Main Road, Research VIC 3095

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

30/01/2023



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