


Vibes Fitness Time Table May 2019

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.00am		indoor bootcamp			indoor bootcamp		
7.00am							
8.00am						small group pt	
9.00am							
11am						aerial yoga	
5.00pm							
6.00pm		aerial yoga	small group pt	slow flow yoga			
7.00pm	aerial yoga		aerial yoga	bungee fitness			
8.00pm	silks tissu	lyra trapeze					

www.vibesfitness.com.au

ph: 0412526383

VIBES
FITNESS

we make a difference - transforming lives!