



# **GOOD FRIDAY EXTRAVAGANZA**



**8.15AM AQUA  
CAROL B, DEB, JO AND CARLEIGH**

**9AM 90 MINUTE MASTERCLASS**  
**ZUMBA - DEB AND JO**  
**BODY TONE - MEREDITH**  
**BODY ATTACK - KATE, KALI AND VIC**  
**BODY COMBAT - LISA AND GUESTS**  
**BODY PUMP - LISA AND LOUISE**  
**BODY STEP - CAROLE, LOUISE AND SAM**  
**CX WORX - KATE**  
**METAFIT - LISA**  
**BODY BALANCE - MEREDITH AND MICHELLE**  
**YOGA - ANDREA**



**FRIDAY APRIL 19TH**  
**OPEN 8AM - 11AM | \$5 CHILD | \$10 ADULT**  
**ALL PROCEEDS TO THE ROYAL CHILDREN'S HOSPITAL**