

PILATES+YOGA+ MEDITATION CLASS



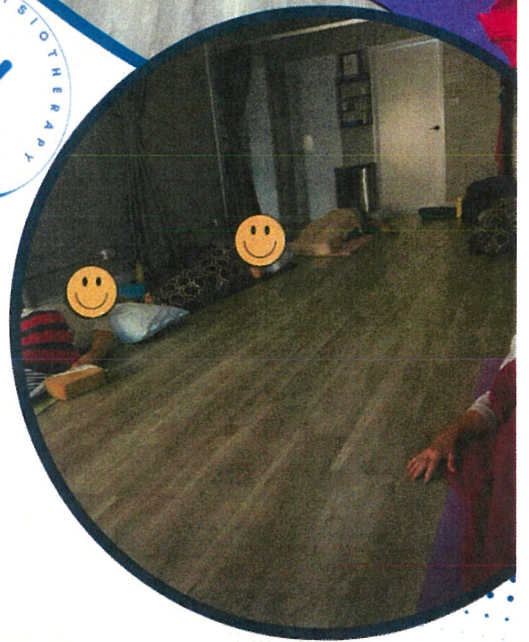
@ GLOSSODIA COMMUNITY CENTRE

O'Neill Physiotherapy are partnering with the Community Centre to offer a 90 minute combination mat class for all ability levels.



Tuesday
7-8.30pm
during
school
terms

- 1** PILATES
- 2** YOGA
- 3** MEDITATION



BOOKINGS ESSENTIAL

To make a booking, call or email using the information below to secure your spot.



BEGINNERS WELCOME

This class is designed to gently connect your mind and body.



FEE PER CLASS

Pay as you go.