



LivingWell

HEALTH CLUBS

Personalised fitness for life

DAYS								
SUNDAY								
MONDAY	6:15-7:00 AM Total Body Reset With Chan Frazier		9:00-10:15 AM Yoga Asrat					
TUESDAY			9:00-10:15 AM Yoga Asrat					
WEDNESDAY	6:15-7:00 AM Total Body Reset With Chan Frazier		9:00-10:15 AM Yoga Asrat					
THURSDAY			9:00-10:15 AM Yoga Asrat					
FRIDAY			9:00-10:15 AM Yoga Asrat					
SATURDAY								

*Valid from: December 3rd 2024