

FREE JULY ACCESS

FOR ALL FLINDERS STAFF & ALL FLINDERS MEDICAL CENTRE STAFF

Treat your mind and body at Flinders ONEfitness
with **FREE** unlimited access to
all facilities and classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am	CX WORX (30 mins)	YOGA (45 mins)	BODY PUMP (45 mins)	STEP (45 mins)	PILATES (45 mins)		
Session timetable July 2015							
10.15am						BODYPUMP	YOGA
12.05pm	YOGA	BODY PUMP	BODY BALANCE	YOGA (45 mins)	BODY PUMP		
12.30pm	FIT HIIT (30 min)			FIT HIIT (30 min)			
1.05pm (45 min)		PILATES					
5pm			FIT HIIT (30 min)	Present your Staff card at Reception			
5.10pm	BODY ATTACK	PUNCH PAD	BODY ATTACK (45 mins)				
5.15pm Cycle Studio	RPM	RPM		RPM			
5.15pm Mezz gym	FIT 4 EVER (over 40's)		FIT 4 EVER (over 40's)	FIT 4 EVER (over 40's)			
6pm		CX—WORX	CX-WORX				
6.10pm	BODY PUMP			PILATES			



@Flinders.onefitness

08 8201 2842 | www.onesportandfitness.com.au

