

purestretch

Book your classes through the mind body app  MINDBODY®

Green = Light 'n' Laughter

Yellow = Fit 'n' Fun

Red = Moan 'n' Groan

Blue = 1-2-1 instruction available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9.00am PureStretch with Power	
10.30 am PureStretch	10.30am Pilates	10.30 am PureStretch	10.30am Purestretch with Tone			

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