

Stay active in April holidays with our regular holiday classes as well as workshops for Kids and Osteoarthritis. Classes available at both Willoughby and Moore Park studios.

## WILLOUGHBY

### WEEK 1

Mon 15 April	6.00pm	Holiday Class with Sarah K	\$35
Wed 17 April	7.00am	Holiday Class with Josie	\$35
Thu 18 April	10.30am	Holiday Class with Sarah K	\$35
	10.30am	Strong Bones 2 with Josie	\$35

### WEEK 2

Tue 23 April	9.00am	Osteoarthritis Workshop with Melinda	\$55
	6.00pm	Holiday Class with Josie	\$35
Wed 24 April	7.00am	Holiday Class with Josie	\$35
Fri 26 April	9.30am	Holiday Class with Jemma	\$35
	10.30am	Teens Workshop with Jemma	\$45

## MOORE PARK

### WEEK 1

Tue 16 Apr	9.15am	Holiday Class with Susie	\$35
	6.15pm	Holiday Class with Maria	\$35
Wed 17 Apr	11.45am	Strong Bones 2 with Maria	\$35

### WEEK 2

Wed 24 Apr	6.00pm	Holiday Class with Sarah	\$35
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## BOOK A HOLIDAY CLASS TODAY

**WILLOUGHBY STUDIO**  
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willoughby@physiocise.com.au

**MOORE PARK STUDIO**  
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