

Maryborough Health Club

Online Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:15-10:00am Hatha Flow Yoga On-Line				
		9:30-10:15am Pilates On-Line				
6:00-6:45pm Hatha Flow Yoga On-Line		6:30-7:15pm Pilates On-Line	6:00-6:45pm Hatha Flow Yoga On-Line			
	7:30-8:15pm Pilates On-Line					
	8:30-9:30pm Meditation On-Line					

All Fitness Classes are complementary for Gold Members and Corporate Members.

If you would like to take part in the classes, you must pre-book, as spaces are limited. If you book and cannot attend please contact us in advance so that we can offer a member on the waiting list an opportunity to attend.

Timetable is subject to change due to class demand.