

# GRAND FINAL LONG WEEKEND

**FRIDAY 28TH SEPTEMBER**

**STAFFED HOURS  
8AM – 5PM**

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**9.00AM BODYPUMP  
9.00AM MAT PILATES  
10.00AM RPM  
10.00AM BARRE  
10.30AM WARRIOR WORKOUT**

Normal Weekend Trading Hours and Classes will resume on Saturday 29th & Sunday 30th September. All members have access to South Pacific Health Clubs St Kilda Sea Baths on Public Holidays.



**SOUTH PACIFIC  
HEALTH CLUBS**