

# GRAND FINAL LONG WEEKEND

**FRIDAY 28TH SEPTEMBER**

**STAFFED HOURS 8AM – 5PM  
CRÈCHE WILL BE CLOSED**

**9.15 AM TABATA STRENGTH**

**9.15AM CARDIO COMBO/  
BODY PUMP (30 MINS EACH)**

**9.15AM YOGA STRENGTH**

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**