



# VIDAFIT SOUTH ROCKY TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>V45</b> 	5.30am 6.15am  9am <i>(child minding)</i>  12.10pm <i>(35 min express)</i>  4.30pm 5.15pm 6.00pm	5.30am 6.15am  9am <i>(child minding)</i>  12.10pm <i>(35 min express)</i>  4.30pm 5.15pm	6.15am				
	<b>YO'BILITY</b> 						7.15am



**LEARN ALL ABOUT OUR CLASSES BELOW!**

**WWW.VIDAFIT.COM.AU | WWW.CROSSFIT4701.COM.AU**

GET ROCKHAMPTON'S BEST FITNESS AND LIFESTYLE NEWS AND INFORMATION ON YOUR FEED TODAY!



**V45**

45 mins of intense & dynamic functional movement like you have never experienced before! The huge variety in this amazing program will challenge your body from every single dimension. It is heaps of fun & suitable for all fitness levels and you are in and out in 45 mins, this is the class to just get in and get it done! The endorphin rush will give you boundless energy and leave you feeling AWESOME for the rest of your day!



**YO'BILITY**

The art of Yoga and Mobility combined. Release your tired body or take some time to give back to your body through Yoga and Mobility! Your body, mind and soul will absolutely love you, WE PROMISE!

**YOUR MEMBERSHIP OPTIONS:**