



# ***BUNDALL SUMMER TIMETABLE***

## ***MONDAY***

Guided intro class > 11am  
Flow class > 5pm-7:15pm

## ***TUESDAY***

Ladies only class > 10am-11am

## ***WEDNESDAY***

Guided intro class > 9am

## ***THURSDAY***

Ladies only class > 5pm-6:30pm

## ***FRIDAY***

Friday Freeze - \$40 Full Body Cryo (new clients)