

HIDDEN VALLEY RESORT

OPEN DAY TIMETABLE

Sunday 23rd February 2020

FREE
ADMISSION!

TIME	CLASS	LOCATION
11.30 - 12.30PM	BOOT CAMP WITH DEE	ARENA
11.30 - 12.30PM	YOGA WITH KATHLEEN - ALL ABILITIES	ACTIVITY ROOM
12.45 - 1.30PM	AN INTRO TO SELF DEFENCE WITH CRAIG (9 yrs +)	ACTIVITY ROOM
1.30 - 2.30PM	BOOT CAMP WITH DEE	ARENA
*CLASSES INCLUDE 15 MIN Q&A		
1.45 - 2.30PM	PILATES WITH TATIANA	ACTIVITY ROOM
2.00- 3.00PM	TRY OUT TENNIS WITH JESS	TENNIS COURTS
2.00- 3.00PM	TRY OUT PICKLEBALL WITH DAVID & JANE	PICKLEBALL COURTS
2.30- 3.00PM	AN INTRO TO CORE FLEX WITH TATIANA	ACTIVITY ROOM
3.15- 3.45PM	AQUA AEROBICS WITH TATIANA	INDOOR POOL

SIGN UP ON THE DAY & RECEIVE 20% OFF YOUR COUNTRY CLUB MEMBERSHIP FEES

*minimum membership payment up until June 30th, Discount does not apply to golf membership.

www.hiddenvalleyresort.com.au